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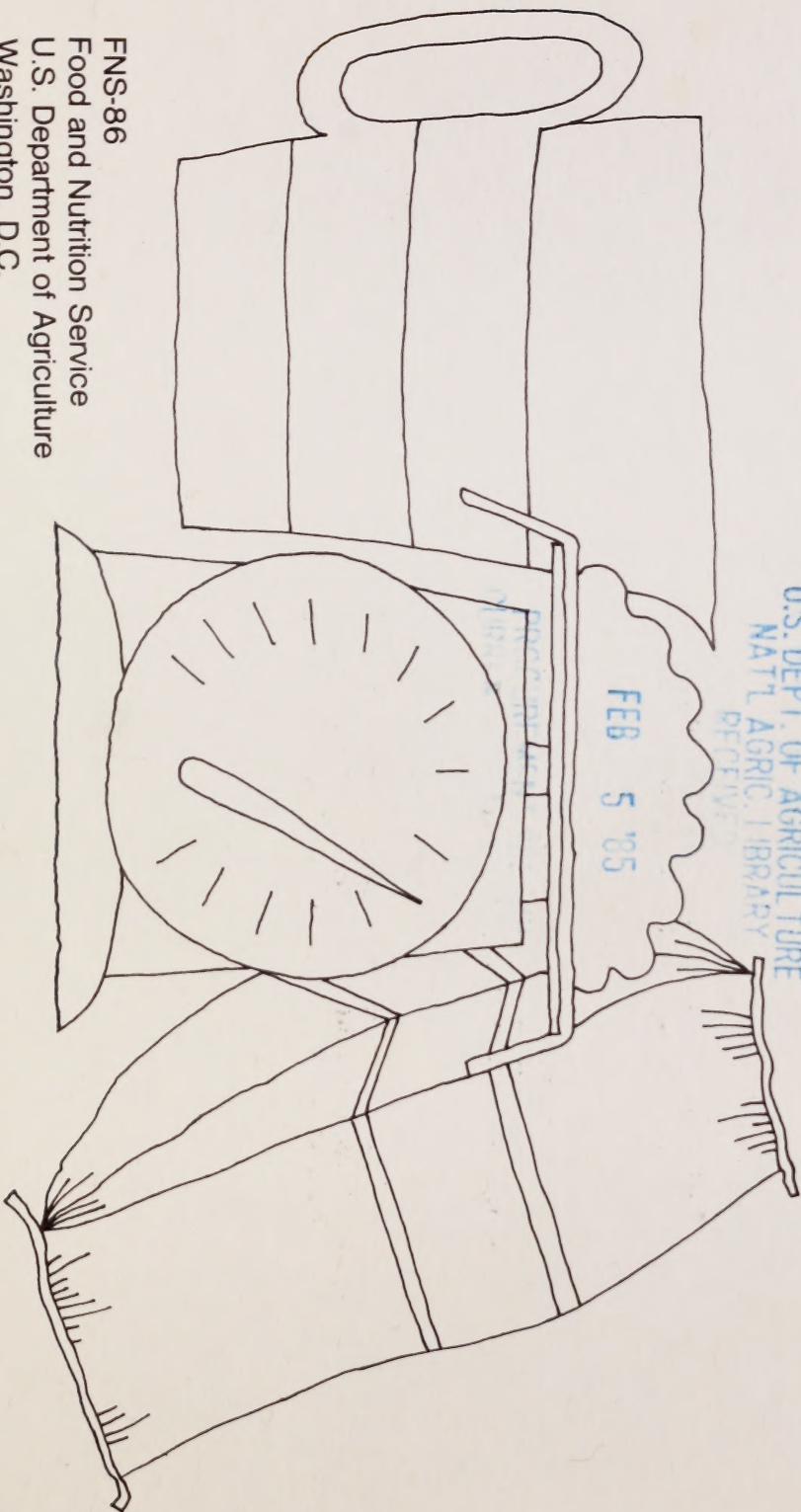
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Quantity recipes for child care centers

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Food and Nutrition Service
U.S. Department of Agriculture
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U.S. DEPARTMENT OF COMMERCE**

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INTRODUCTION TO QUANTITY RECIPES FOR CHILD CARE CENTERS

General Information A-1

This recipe card file provides quantity recipes and other information needed to prepare meals in child care centers participating in the Special Food Service Program for Children. Daily use of the information in this recipe file will help assure:

- Appetizing, nutritious meals.
- Adequate servings of food for all children.
- Moderate food costs.

The information in this card file is classified in 8 sections:

A—General Information (this section)	E—Salads
B—Cereal Products	F—Sandwiches
C—Desserts	G—Soups
D—Main Dishes	H—Vegetables

Each section has a divider card with an index listing general instruction cards, recipes, and recipe variations included in the section. The instruction cards are first and the recipes which follow are arranged alphabetically and numbered consecutively within each section.

GENERAL INFORMATION section includes, in addition to this card, the meal patterns, menu suggestions, vitamin A, vitamin C, and iron sources, finger foods, how to calculate the quan-

ties of food needed, conversion charts, measures and scoops for portion control, general instructions on the use of nonfat dry milk and shell eggs, and some ingredient substitutions.

The recipes in Sections B through H are designed to help meet the meal requirements for meat and alternate, vegetables and fruits, bread, cereal, and butter or fortified margarine. All recipes in the file were carefully planned to appeal to young children's food tastes, to provide variety in meals, and to make good use of locally purchased and USDA-donated foods.

Each recipe is designed to yield 50 servings of a specified size.

THE RECIPE CARD

At the top of the card the *name of the recipe* is given in center; the *section*, such as Main Dishes, and the *card number* on the right side.

(over)

QUANTITY RECIPES FOR CHILD CARE CENTERS—Continued

INGREDIENTS—The ingredients are listed in the first column in the form in which they are to be used in the recipe and in the order of use. All foods listed can be purchased on the regular commercial market. Some items such as non-instant nonfat dry milk and rolled wheat are USDA "special purchase" foods.

MEASURES OR WEIGHTS—The quantity of each ingredient described in the first column is given in volume measures except meat and some poultry which are given in weights.

FOR SERVINGS—This column is to be used for entering the quantity of each ingredient needed for the number of servings to be prepared. (See card A-6, How to Calculate the Quantities of Food Needed.)

DIRECTIONS—The information in this column tells how to proceed in preparing the recipe. Each major procedure and the ingredients used are separated from the next procedure by a horizontal line.

SERVINGS—A serving of prepared food, such as 1 slice, 2 by 2 inches, $\frac{1}{4}$ cup, or 1 biscuit, is described in most recipes. The contribution a serving makes to the meal requirements is also indicated when appropriate. Some recipes may contribute to two or more requirements of the meal.

Each recipe making a contribution to the vegetable and fruit requirement provides at least $\frac{1}{8}$ cup of vegetable or fruit.

COST PER SERVING—This space is provided to record the cost per serving of a food.

VARIATIONS—A variation of a recipe may have one or more ingredients replaced, added to, or deleted from the basic recipe. A variation may call for a change in preparation method or cooking time. The variations are listed alphabetically in each recipe.

BUYING GUIDE FOR SELECTED ITEMS—A buying guide is given on the back of the recipe card for selected ingredients that have some preparation loss or gain before they are ready to be used in recipes, and for canned or frozen foods that are available. "Food as purchased" refers to the fresh form unless otherwise indicated. The guide shows how much of this food is needed to provide the quantity called for in the recipe for 50 servings. For example, the recipe for Mashed Potatoes, H-7, calls for 1 gallon 2 cups of pared potatoes. The marketing guide shows that 7 lb 6 oz of potatoes of good quality need to be purchased for the recipe.

NOTE—Additional information on food ingredients on selected recipes or information cards is given in a NOTE.

MEAL PATTERNS FOR YOUNG CHILDREN IN CHILD CARE PROGRAMS

General Information A-2

As specified in the regulations for the Special Food Service Program for Children, meals or supplements served between meals (snacks) approved for cash reimbursement by USDA shall contain as a minimum the following food components in the amounts listed:

Food components	Children 1 up to 3 years	Children 3 up to 6 years
BREAKFAST Milk, fluid whole Juice or fruit Cereal and/or Bread*, enriched or whole grain Cereal Bread	1/2 cup 1/4 cup 1/4 cup 1/2 slice	3/4 cup 1/2 cup 1/3 cup 1/2 slice
MID-MORNING OR MID-AFTERNOON SUPPLEMENT (SNACK) Milk, fluid whole, or juice or Fruit or Vegetable Bread or Cereal*, enriched or whole grain Bread Cereal	1/2 cup 1/2 slice 1/4 cup	1/2 cup 1/2 slice 1/3 cup
LUNCH OR SUPPER Milk, fluid whole Meat and/or alternate One of the following or combinations to give equivalent quantities: Cooked meat, poultry, or fish** Cheese Egg Cooked dry beans or peas Peanut Butter Vegetable and/or fruit*** Bread*, enriched or whole grain	1/2 cup 1 ounce 1 ounce 1 1/8 cup 1 tablespoon 1/4 cup 1/2 slice	3/4 cup 1-1/2 ounces 1-1/2 ounces 1 1/4 cup 2 tablespoons 1/2 cup 1/2 slice

*Or an equivalent serving of cornbread, biscuits, rolls, muffins, etc. made of enriched or whole grain meal or flour

**Cooked lean meat without bone

***Must include at least two kinds

SUGGESTED MENUS FOR YOUNG CHILDREN

General Information A-3

Two-week cycle menus for breakfast, supplements, lunch, and supper are planned around the basic recipes or their variations in this card file. The menus are based on meal requirements for children 3 up to 6 years. For meal requirements of younger children see card A-2. When a recipe provides only a part of the meat and alternate requirement, an additional meat or meat alternate food is included in the menu. In menus featuring recipes that provide 1 ounce meat per serving, an additional meat and meat alternate food is needed to meet the nutrition requirement of the meal. (In these menus, cooked dry beans are always considered a meat alternate). Foods that provide worthwhile amounts of vitamin A, vitamin C, and iron are frequently included in these menus.

(over)

SUGGESTED MENUS FOR YOUNG CHILDREN

PATTERN	FIRST DAY	2ND DAY	3RD DAY	4TH DAY	5TH DAY
BREAKFAST Juice or Fruit Bread or Cereal Milk Other Food	Orange Juice—1/2 cup Toast*—1/2 slice Baked Scrambled Egg—2 Tbsp Grape Jelly Milk—3/4 cup	Sliced Banana—1/2 cup Cornflakes—1/3 cup Milk—3/4 cup	Apricot Halves—1/2 cup Buttered Toast*—1/2 slice Cocoa**—3/4 cup	Fruit Cup—1/2 cup Hard-cooked Egg Half Toast*—1/2 slice Milk—3/4 cup	Grapefruit Sections—1/2 cup Rolled Oats*—1/3 cup Milk—3/4 cup
A.M. SUPPLEMENT Milk or Juice Bread or Cereal	Milk—1/2 cup Cinnamon Toast*—1/2 slice	Tomato Juice—1/2 cup Cheese Toast*—1/2 slice	Milk—1/2 cup Rice Krispies—1/3 cup	Pineapple Juice—1/2 cup Toasted Raisin Bread*—1/2 slice	Grape Juice—1/2 cup Cinnamon Toast*—1/2 slice
LUNCH OR SUPPER Meat or Alternate Vegetables and/or Fruits Bread Milk Other Foods	Meatloaf—1 slice (1-1/2 oz meat) Green Beans—1/4 cup Pineapple Cubes—1/4 cup Bread*—1/2 slice Milk—3/4 cup	Oven-Cooked Chicken (1-1/2 oz meat) Mashed Potatoes—1/4 cup Peas—1/4 cup Carrot Stick Roll*—1 small Milk—3/4 cup	Chicken-Vegetable Soup—1/2 cup (1 oz meat and 1/4 cup vegetable) Peanut butter and jelly sandwich (1 Tbsp peanut butter, and 1/2 slice bread*) Green Pepper Stick Canned Peaches—1/4 cup Milk—3/4 cup	Beef Patty—1-1/2 oz meat Carrots—3/8 cup Apple Wedge—1/8 cup Whole Wheat Bread—1/2 slice Milk—3/4 cup Chocolate Pudding—2 Tbsp	Fish Sticks—(1-1/2 oz) Spinach—1/4 cup Canned Pears—1/4 cup Cornbread*—1 square Milk—3/4 cup
P.M. SUPPLEMENT Milk or Juice Bread or Cereal	Mixed Fruit Juice—1/2 cup Peanut Butter Sandwich—1/4 sandwich	Milk—1/2 cup Oatmeal Cooky*—1 cooky	Apple Juice—1/2 cup Cheese Toast*—1/2 Slice	Milk—1/2 cup Peanut Butter Cooky*—1 cooky Turnip Stick	Milk—1/2 cup Rolled Wheat Cooky*—1 cooky Cauliflowerets

*Whole Grain or Enriched.

**Made with Fluid Whole Milk.

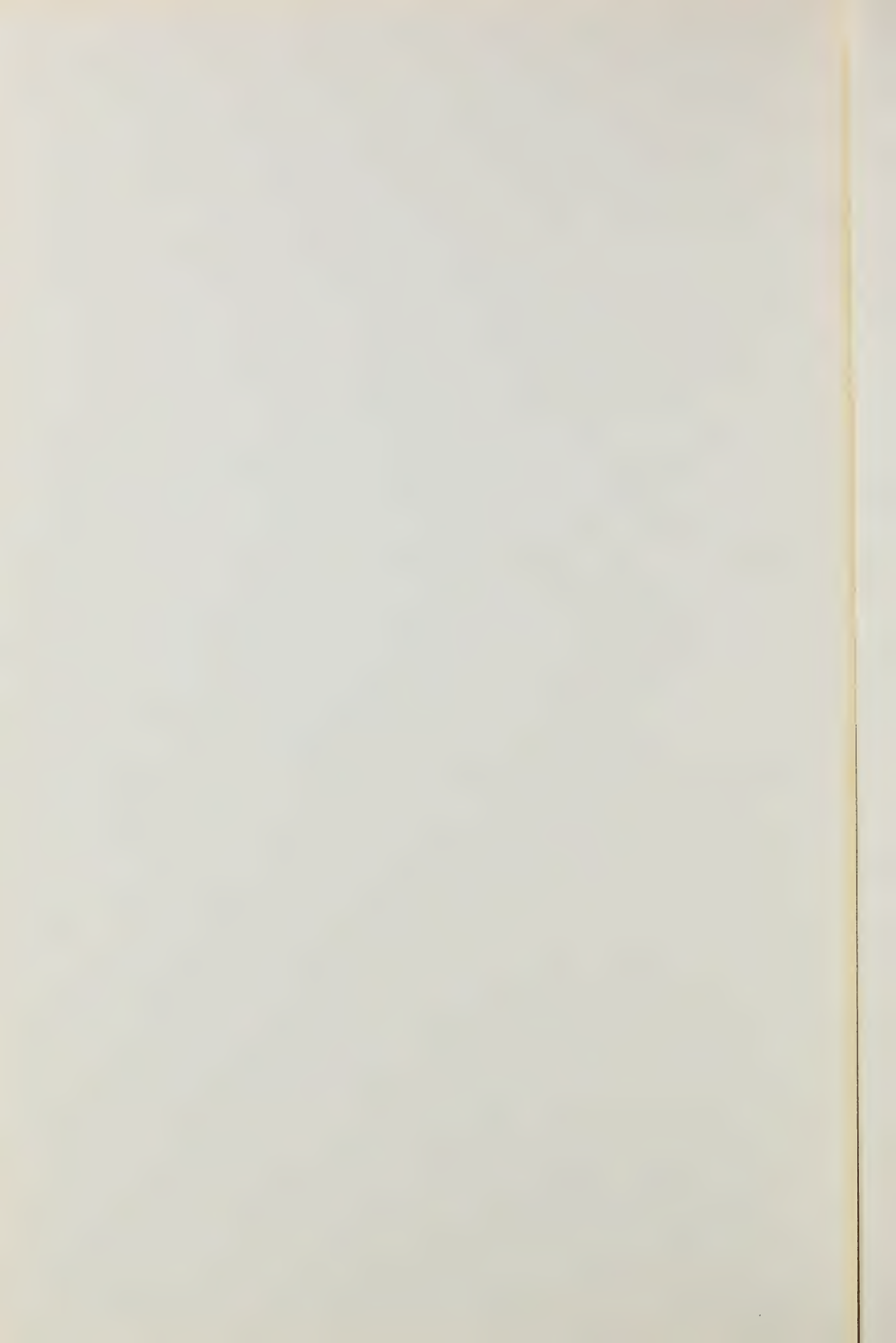
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SUGGESTED MENUS FOR YOUNG CHILDREN—Continued

PATTERN	6TH DAY	7TH DAY	8TH DAY	9TH DAY	10TH DAY
BREAKFAST Juice or Fruit Cereal or Bread Milk Other Food	Apple Juice—1/2 cup Cheese Toast*—1/2 slice Milk—3/4 cup	Orange Juice—1/2 cup Sweet Roll* Sausage Link Milk—3/4 cup	Sliced Peaches—1/2 cup Buttered Grits—1/3 cup Milk—3/4 cup	Applesauce—1/2 cup Scrambled Egg—2 Tbsp Buttered Toast*—1/2 slice Cocoa**—3/4 cup	Tomato Juice—1/2 cup Farina*—1/3 cup Milk—3/4 cup
A.M. SUPPLEMENT Milk or Juice Bread or Cereal	Pineapple Juice—1/3 cup Carrot Sticks—2 sticks Soda Crackers*—2 crackers	Banana—1/2 cup Dry Cereal*—1/3 cup Milk—1/4 cup	Cranberry Juice—1/2 cup Buttered Toast*—1/2 slice	Orange Juice—1/2 cup Muffin*—1 small Raisins	Milk—1/2 cup Soda Crackers*—2 crackers Peanut Butter Honey
LUNCH OR SUPPER Meat or Alternate Vegetables and/or Fruits Bread Milk Other Foods	Swiss Steak Cubes—1-1/2 oz meat Mixed Vegetables—1/4 cup Orange Sections—1/4 cup Bread*—1/2 slice Milk—3/4 cup Rice—2 Tbsp	Macaroni and Cheese with Ham—1/3 cup (1-1/2 oz meat and cheese) Cabbage—1/4 cup Fruit Cup—1/4 cup Bread*—1/2 slice Milk—3/4 cup	Oven-Fried Liver—1-1/2 oz meat Green Beans—1/4 cup Tomato Wedge—1/4 cup Bread*—1/2 slice Milk—3/4 cup	Ground Beef and Spaghetti—1/2 cup (1-1/2 oz meat and cheese) Peas—1/4 cup Green Salad—1/4 cup French Bread*—1/2 slice Milk—3/4 cup Brownie—1 cooky	Salmon Rice Loaf—1-1/2 oz fish Creamed Potatoes—1/4 cup Broccoli—1/4 cup Roll*—1 small Milk—3/4 cup
P.M. SUPPLEMENT Milk or Juice Bread or Cereal	Milk—1/2 cup Raisin Bread*1/2 slice	Tomato Juice—1/2 cup Wheat Muffin*—1 small	Milk—1/2 cup Vanilla Cooky*—1 Red Gelatin Cubes	Milk—1/2 cup Cinnamon Toast*—1/2 slice	Fruit Cup—1/2 cup Coconut Cooky*—1 cooky

*Whole Grain or Enriched.

**Made with Fluid Whole Milk.



SOME VEGETABLES AND FRUITS WHICH PROVIDE WORTHWHILE AMOUNTS OF VITAMIN A, VITAMIN C, AND IRON

General Information A-4

To meet program requirements for lunch and supper, two or more vegetables and/or fruits must be served at each meal. Include vegetables and fruits which provide worthwhile amounts of vitamins A and C and iron in at least one meal each day.

Vitamin A			Vitamin C		Iron
VEGETABLES					
Asparagus			Asparagus		Asparagus
Broccoli			Broccoli		Beans—green, wax, lima
Carrots			Brussels sprouts		Broccoli
Chili peppers (red)			Cabbage		Brussels sprouts
Green leafy vegetables—beet greens, chicory, collards, kale, mustard greens, spinach, Swiss chard, turnip greens			Caiflower		Green leafy vegetables—beet greens, collards, kale, mustard greens, spinach, Swiss chard, turnip greens
Mixed vegetables (frozen)			Chili peppers		Peas, green
Peas and carrots (frozen)			Green leafy vegetables—collards, kale, mustard greens		Squash
Pumpkin			Okra		Sweetpotatoes
Squash, winter			Peppers, sweet		Tomatoes (canned)
Sweetpotatoes			Potatoes, white		Tomato juice, paste, or puree
Tomatoes			Sweetpotatoes		
Tomato juice, paste, or puree			Tomatoes		
Vegetable juice cocktail			Tomato juice, paste, or puree		
			Turnips		
FRUITS					
Apricots			Cantaloup		Apples (canned)
Cantaloup			Grapefruit		Berries
Cherries, red sour			Grapefruit juice		Dried fruits—apricots, dates, figs, peaches, prunes, raisins
Nectarines			Orange juice		Plums, purple (canned)
Peaches (except canned)			Oranges		Rhubarb
Plums, purple (canned)			Raspberries, red		
Prunes			Strawberries		
			Tangerines		

SUGGESTED FINGER FOODS

General Information A-5

Finger foods are foods cut into bite-size pieces which children can pick up with their fingers, such as:

Apple wedges	Celery sticks	Fresh pineapple sticks	Plums
Banana slices	Cheese cubes	Grapefruit sections	Prunes
Berries	Dried peaches	Green pepper sticks	Raisins
Cabbage wedges	Dried pears	Meat cubes	Tangerine sections
Carrot sticks	Fresh peach wedges	Melon cubes	Tomato wedges
Cauliflowerets	Fresh pear wedges	Orange sections	Turnip sticks

DIRECTIONS FOR PREPARING

APPLE WEDGES—Wash fruit thoroughly. Remove core. Slice into wedges about $\frac{1}{2}$ inch thick.

BANANA SLICES—Peel bananas. Slice or serve as banana half and teach the children how to peel the banana.

BERRIES—Select fruit with no soft decayed spots. Wash. Remove caps and stems.

CABBAGE WEDGES—Wash cabbage thoroughly. Slice into $\frac{1}{2}$ inch wedges.

CARROT STICKS—Wash thoroughly. Scrape or peel. Cut off ends. Cut into sticks about $\frac{1}{4}$ inch thick and $2\frac{1}{2}$ to 3 inches long.

CAULIFLOWERETS—Wash cauliflower thoroughly. Break into single flowerets.

CELERY STICKS—Wash celery thoroughly. Trim off root and blemishes. Cut into sticks about $\frac{1}{4}$ inch thick and $2\frac{1}{2}$ to 3 inches long or cut celery stalk into pieces $2\frac{1}{2}$ to 3 inches long. Fill with peanut butter (thinned with mayonnaise, honey or butter) or cream cheese (thinned slightly with milk). Pimientos may be added to cream cheese for color or extra flavor.

CHEESE CUBES—Cut cheese, such as Cheddar, Edam, Gouda, Gruyere, Muenster, and Swiss into 1-inch cubes.

FRESH PEACH WEDGES—Select ripe peaches. Peel. Remove seeds and cut into $\frac{1}{4}$ inch wedges.

FRESH PEAR WEDGES—Select ripe fruit. Wash pears thoroughly, remove core and soft places. Cut into $\frac{1}{4}$ -inch wedges.

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SUGGESTED FINGER FOODS—Continued

FRESH PINEAPPLE STICKS—Peel and core pineapple. Cut into sticks $1\frac{1}{2}$ inch thick and $2\frac{1}{2}$ to 3 inches long.

GRAPEFRUIT SECTIONS—Peel and section. Remove all seeds.

GREEN PEPPER STICKS—Wash pepper thoroughly. Cut out stem and remove seeds. Cut into strips $\frac{1}{4}$ inch wide and $2\frac{1}{2}$ to 3 inches long.

MEAT CUBES—Cut cooked meat, such as roast beef, meat loaf, chicken, roast veal or lamb, into 1-inch cubes.

MELON CUBES—Peel, remove seeds and fibers, and cut into cubes.

ORANGE SECTIONS—Peel and section. Remove all seeds.

PLUMS—Wash fruit thoroughly. Remove pit and cut into quarters.

PRUNES—Remove pit or buy pitted prunes.

TANGERINE SECTIONS—Peel and section. Be sure to remove all seeds.

TOMATO WEDGES—Wash. Cut out core and cut into wedges.

TURNIP STICKS—Wash and peel turnips. Cut into sticks $1\frac{1}{2}$ inch thick and 2 to $2\frac{1}{2}$ inches long.

HOW TO CALCULATE THE QUANTITIES OF FOOD NEEDED

General Information A-6

Each recipe in this file is designed to provide 50 servings of a specified size. Since most child care centers will not serve exactly 50 meals each day it may be necessary to adjust the recipe to obtain the number of servings needed.

When increasing size of a recipe, consider the size of the equipment. If necessary, make several batches of the recipe to get the total number of servings required for the child care center.

TO CHANGE THE SIZE OF A 50-SERVING RECIPE

1. On the front of the recipe card, in the column headed "For _____ servings," write the number of servings needed (see example on back).
2. Divide this number by 50 to obtain a factor.
3. Multiply the amount of each ingredient by the factor to obtain the amount needed for the required number of servings. Change decimal parts of volume measures to the nearest measurable amounts. Enter this amount in the recipe opposite the ingredient.

4. On the back of the recipe card in the Buying Guide, in the column headed "For _____-serving recipe," record the number of servings needed.
5. Multiply the amount of "Food as purchased" by the factor to obtain the amount to buy. (First, change ounces, if any, to a decimal part of a pound; see card A-8.) Enter this amount in the Buying Guide opposite the food.

(over)

HOW TO CALCULATE THE QUANTITIES OF FOOD NEEDED—Continued

EXAMPLE: 130 servings of MASHED POTATOES (H-7)

Ingredients	50 servings	Calculations	For 130 servings
*Potatoes, pared, cut up.	1 gallon 2 cups (18 cups)	$130 \div 50 = 2.6$ (a factor) $18 \text{ cups} \times 2.6 = 46.8 \text{ cups}$ or 2 gallons 3-3/4 quarts.	2 gallons 3-3/4 quarts
Water	2-1/2 quarts (10 cups)	$10 \text{ cups} \times 2.6 = 26 \text{ cups}$ or 1 gallon 2-1/2 quarts.	1 gallon 2-1/2 quarts
Hot milk	1-3/4 cups	$1-3/4 \text{ cups} \times 2.6 = 4.55 \text{ cups}$ or 1 quart 1/2 cup.	1 quart 1/2 cup
Salt	1 tablespoon	$1 \text{ tablespoon} \times 2.6 = 2.6 \text{ table-}$ spoons or 2-2/3 tablespoons.	2-2/3 tablespoons
Butter or margarine, melted.	1/2 cup	$0.5 \text{ cup} \times 2.6 = 1.30 \text{ cups}$ or 1-1/3 cups.	1-1/3 cups

SERVING: 1/4 cup.

* See Buying Guide Below

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	For 50-serving recipe	Calculations	For 130-serving recipe
Potatoes	7 pounds 6 ounces (7.375 pounds).	$7.375 \text{ pounds} \times 2.6 = 19.175 \text{ pounds}$ or 19 pounds 3 ounces.	19 pounds 3 ounces

NOTE: These calculated weights of food to buy for a given number of servings will give the amount needed if *good quality food* is purchased and it is prepared by methods that result in a minimum of waste. More food may be needed to obtain the amount specified in the recipe if lower quality food is used and preparation losses are above average.

CONVERSION CHART FOR CHANGING THE SIZE OF A QUANTITY RECIPE BY VOLUME

General Information A-7

The chart may be used to increase or decrease the size of a recipe in 25-serving amounts. Find the amount of each ingredient in column "50 servings" and move across line to column containing the desired number of servings for the amount required. Suppose 125 servings of a recipe are needed. If the 50-serving recipe requires 1 tsp of an ingredient, then 2-1/2 tsp are needed for 125 servings (2 tsp from 100 serving column plus 1/2 tsp from 25 serving column).

25 servings	Base 50 servings	75 servings	100 servings	150 servings	200 servings
1/8 tsp	1/4 tsp	3/8 tsp	1/2 tsp	3/4 tsp	1 tsp
1/4 tsp	1/2 tsp	3/4 tsp	1 tsp	1-1/2 tsp	2 tsp
3/8 tsp	3/4 tsp	1-1/8 tsp	1-1/2 tsp	2-1/4 tsp	1 Tbsp
1/2 tsp	1 tsp	1-1/2 tsp	2 tsp	1 Tbsp	1-1/3 Tbsp
3/4 tsp	1-1/2 tsp	2-1/4 tsp	1 Tbsp	1-1/2 Tbsp	2 Tbsp
1 tsp	2 tsp	1 Tbsp	1-1/3 Tbsp	2 Tbsp	2-2/3 Tbsp
1-1/4 tsp	2-1/2 tsp	1 Tbsp 3/4 tsp	1-2/3 Tbsp	2-1/2 Tbsp	3-1/3 Tbsp
1-1/2 tsp	1 Tbsp	1-1/2 Tbsp	2 Tbsp	3 Tbsp	1/4 cup
1 Tbsp	2 Tbsp	3 Tbsp	1/4 cup	3/8 cup	1/2 cup
1-1/2 Tbsp	3 Tbsp	1/4 cup 1/2 Tbsp	3/8 cup	1/2 cup 1 Tbsp	3/4 cup
2 Tbsp	1/4 cup	3/8 cup	1/2 cup	3/4 cup	1 cup
2-2/3 Tbsp	1/3 cup	1/2 cup	2/3 cup	1 cup	1-1/3 cups
1/4 cup	1/2 cup	3/4 cup	1 cup	1-1/2 cups	2 cups
3/8 cup	3/4 cup	1-1/8 cups	1-1/2 cups	2-1/4 cups	3 cups

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CONVERSION CHART FOR CHANGING THE SIZE OF A QUANTITY RECIPE BY VOLUME—Continued

25 servings	Base 50 servings	75 servings	100 servings	150 servings	200 servings
1/2 cup	1 cup	1-1/2 cups	2 cups	3 cups	1 qt
3/4 cup	1-1/2 cups	2-1/4 cups	3 cups	1 qt 1/2 cup	1-1/2 qt
1 cup	2 cups	3 cups	1 qt	1-1/2 qt	2 qt
1-1/4 cups	2-1/2 cups	3-3/4 cups	1-1/4 qt	1 qt 3-1/2 cups	2-1/2 qt
1-1/2 cups	3 cups	1 qt 1/2 cup	1-1/2 qt	2-1/4 qt	3 qt
1-3/4 cups	3-1/2 cups	1 qt 1-1/4 cups	1-3/4 qt	2 qt 2-1/2 cups	3-1/2 qt
2 cups	1 qt	1-1/2 qt	2 qt	3 qt	1 gal
3 cups	1-1/2 qt	2-1/4 qt	3 qt	1 gal 1/2 qt	1-1/2 gal
1 qt	2 qt	3 qt	1 gal	1-1/2 gal	2 gal
1-1/2 qt	3 qt	1 gal 1/2 qt	1-1/2 gal	2-1/4 gal	3 gal
2 qt	1 gal	1-1/2 gal	2 gal	3 gal	4 gal
3 qt	1-1/2 gal	2-1/4 gal	3 gal	4-1/2 gal	6 gal

MEASURING

- Measure ingredients accurately.
- When measuring, use standard measuring equipment and make measurements level.
- Use the largest appropriate measure to reduce the possibility of error and to save time:
- Use a 1-quart measure once rather than a 1-cup measure four times.

EQUIPMENT AIDS

- Measuring utensils:
Graduated—gallon, 2-quart, quart, 2-cup, cup
Single measures—cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, $\frac{1}{4}$ cup, tablespoon, teaspoon, $\frac{1}{2}$ teaspoon, $\frac{1}{4}$ teaspoon
- Spatula or knife with straight edge
- Stirring spoon
- Sifter

METHODS OF MEASURING INGREDIENTS

DRY INGREDIENTS

- White Flour and Nonfat Dry Milk
Place unsifted ingredient lightly in measure and level with straight edge of knife or spatula.
- Whole-Grain Flour and Meals
Stir lightly with fork or spoon. Place lightly in a measure and level with straight edge of knife or spatula.

SOLID FATS

- Press fat firmly into measure and level with straight edge of knife or spatula.

SUGARS

- Brown Sugar (regular)
Pack in measure firmly enough for the sugar to keep the shape of the container when turned out. If lumpy, roll and sift before measuring.
- White Sugar
Place in measure and level with straight edge of knife or spatula. If lumpy, sift before measuring.

(over)

ABBREVIATIONS AND SYMBOLS

tsp	teaspoon
Tbsp	tablespoon
pt	pint
qt	quart
gal	gallon
oz	ounce
fl oz	fluid ounce
lb	pound
wt	weight
No.	number
Cyl	cylinder
pkg	package
°F	degrees Fahrenheit
×	multiply
÷	divide

EQUIVALENT COMMON FOOD MEASURES

1 table- spoon	3 teaspoons
1 fluid ounce	2 tablespoons
1/8 cup	2 tablespoons
1/4 cup	4 tablespoons
1/3 cup	5-1/3 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10-2/3 tablespoons
3/4 cup	12 tablespoons
1 cup	16 tablespoons
1 pint	2 cups
1 quart	2 pints
1 gallon	4 quarts
1 peck	8 quarts
1 bushel	4 pecks

CHANGING OUNCES TO POUNDS

1 ounce	0.062 pound
2 ounces	.125 pound
3 ounces	.188 pound
4 ounces	.250 pound
5 ounces	.312 pound
6 ounces	.375 pound
7 ounces	.438 pound
8 ounces	.500 pound
9 ounces	.562 pound
10 ounces	.625 pound
11 ounces	.688 pound
12 ounces	.750 pound
13 ounces	.812 pound
14 ounces	.875 pound
15 ounces	.938 pound
16 ounces	1.000 pound

COMMON CAN AND JAR SIZES

General Information A-9

Can size (industry term)	Average net weight or fluid measure per can (see note)	Average cups per can	Cans per case	Principle products
No. 10	6 lb 3 oz (99 oz) to 7 lb 5 oz (117 oz)	12 to 13	6	Institution size—fruits, vegetables, and some other foods. Institution size—condensed soups, some vegetables, and meat and poultry products. Economy family size—fruit and vegetable juices. Family size—fruits, some vegetables.
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 14 fl oz)	5-3/4	12	
No. 2-1/2	27 oz (1 lb 11 oz) to 29 oz (1 lb 13 oz)	3-1/2	24	
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	2-1/2	24	
No. 303	16 oz (1 lb) to 17 oz (1 lb 1 oz)	2	24 or 36	Family size—fruits, ready-to-serve soups, and some fruits. Small cans—fruits and vegetable products, and ready-to-serve soups.
No. 300	14 oz to 16 oz (1 lb)	1-3/4	24	Small cans—some fruits and meat products.
No. 2 (vacuum)	12 oz	1-1/2	24	Principally for vacuum pack corn.

(over)
(card 1 of 2)

COMMON CAN AND JAR SIZES—Continued

General Information A-9

Can size (industry term)	Average net weight or fluid measure per can (see note)	Average cups per can	Cans per case	Principle products
No. 1 (Picnic) -----	10-1 1/2 oz to 12 oz -----	<i>Number</i> 1-1 1/4 -----	<i>Number</i> 48 -----	Small cans—condensed soups, some fruits, vegetables, meat, and fish.
8 oz -----	8 oz -----	1 -----	48 or 72 -----	Small cans—ready - to - serve soups, fruits, vegetables.

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 can contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce.

(continued on next card)

GUIDE FOR SUBSTITUTING SMALLER CANS FOR No. 10 CAN

General Information A-9

Can size	Average net weight or fluid measure per can	Approximate number of cans to use in place of No. 10 can
No. 3 Cyl	46 fl oz or 51 oz	2
No. 2-1/2	27 oz to 29 oz	4
No. 2	18 fl oz or 20 oz	5
No. 303	16 oz to 17 oz	7

(card 2 of 2)

MEASURES FOR PORTION CONTROL

General Information A-10

SCOOPS OR DIPPERS

The number of the scoop indicates the number of scoopsfuls it takes to make 1 quart. The following table shows the level measures of each scoop in cups, tablespoons, or teaspoons.

Scoop or Dipper No.	Measure
6-----	2/3 cup
8-----	1/2 cup
10-----	2/5 cup
12-----	1/3 cup
16-----	1/4 cup
20-----	3-1/5 tablespoons
24-----	2-2/3 tablespoons
30-----	2-1/5 tablespoons
40-----	1-3/5 tablespoons
50-----	1-1/4 tablespoons
60-----	1 tablespoon
70-----	2-3/4 teaspoons
100-----	2 teaspoons

Scoops may be used for portioning such items as drop cookies, muffins, meat patties, and some vegetables and salads.

LADLES

The following sizes of ladles are most frequently used for preparing and serving foods.

1/4 cup
1/2 cup
3/4 cup
1 cup

Ladles may be used in serving soups, stews, creamed dishes, sauces, gravies, and other similar products.

SERVING SPOONS

A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from various sizes of spoons used in order to obtain the approximate serving size desired.

(over)

BAKING PANS

Pan	Approximate pan size	Number servings ¹ per pan
Baking or steam table-----	12 x 20 x 2 inches	50
Sheet-----	13 x 18 inches	50
Cake-----	9 x 13 x 2 inches	25

¹ About 2 x 2 inches or 1/4 cup

NONFAT DRY MILK: NON-INSTANT AND INSTANT

General Information A-11

The USDA donated nonfat dry milk is fortified with vitamins A and D. One cup (reconstituted) provides 500 International Units of vitamin A and 100 International Units of vitamin D.

Nonfat dry milk is for use only in cooking. When reconstituted with water, it may be used in place of fluid milk in recipes in this file (see card A-13).

Nonfat dry milk may also be mixed with the dry ingredients in the recipe and the water for reconstitution used in place of milk specified.

The volume measure for non-instant dry milk is given in recipes in this card file and the amount of instant nonfat dry milk in a footnote to the recipe.

RECONSTITUTION OF NONFAT DRY MILK

Fluid skim milk	Nonfat dry milk		Water, room temperature	Directions
	Non-instant	Instant		
1 quart-----	3/4 cup-----	1-1/3 cups-----	3-3/4 cups-----	1. Sprinkle <i>non-instant</i> dry milk on top of water and beat with mixer, rotary beater, or wire whip until smooth <i>or</i> Mix <i>instant</i> dry milk and water in a gallon jar with a tight lid or a large pitcher. Shake or stir to mix. 2. If not used immediately, cover and refrigerate.
2 quarts-----	1-1/2 cups-----	2-2/3 cups-----	1 qt 3-1/2 cups-----	
3 quarts-----	2-1/4 cups-----	1 qt-----	2-3/4 qt-----	
1 gallon-----	3 cups-----	1 qt 1-1/3 cups-----	3-3/4 qt-----	
2 gallons-----	1-1/2 qt-----	2 qt 2-2/3 cups-----	1 gal 3-1/2 qt-----	
3 gallons-----	2-1/4 qt-----	1 gal-----	2 gal 3-1/4 qt-----	
4 gallons-----	3 qt-----	1 gal 1-1/4 qt-----	3-3/4 gal-----	
5 gallons-----	3-3/4 qt-----	1 gal 2-3/4 qt-----	4-3/4 gal-----	
6 gallons-----	1 gal 2 cups-----	2 gal-----	5 gal 2-1/2 qt-----	

NOTE: To determine the volume of instant nonfat dry milk to use in a recipe, multiply volume of non-instant nonfat dry milk given in the recipe by the factor 1.8.

SHELL EGGS

General Information A-12

WEIGHT OF DIFFERENT SIZES OF SHELL EGGS AND NUMBER PER CUP

Size (see note)	Minimum net weight in shell	Approximate number per cup (8-1/2 ounces)		
	1 dozen (carton)	Whole eggs	Egg yolks	Egg whites
Extra-large-----	27 ounces (1 pound 11 ounces)-----	4	12	6
*Large-----	24 ounces (1 pound 8 ounces)-----	5	14	7
Medium-----	21 ounces (1 pound 5 ounces)-----	6	16	8
Small-----	18 ounces (1 pound 2 ounces)-----	6	18	10

NOTE: Size and grade are marked on the carton but weight is not.

* All shell eggs used in recipes in this file are large size.

Uses

- *High quality clean eggs with no cracks in the shell*—USDA Grade A, Grade AA (or Fresh Fancy)—*can be used in any recipe in this file.*
- Cracked or soiled eggs may contain bacteria that can cause food poisoning. Use cracked or soiled eggs only when they are *cooked thoroughly* or in recipes that are *cooked thoroughly*, such as baked breads, cakes, long-cooked casseroles, and baked custards.

Do not use cracked or soiled shell eggs in uncooked or slightly heated foods such as egg-milk drinks, ice cream, uncooked salad dressings, cream puddings, soft custards, omelets, or scrambled eggs cooked on top of the range, and uncooked candies.

Do not use cracked or soiled shell eggs for meringues on pies unless the meringue is placed on a warm filling and baked 15 minutes at 350° F.

(over)

WEIGHT AND VOLUME MEASURES FOR FRESH EGGS

Number of eggs (large size)	Fresh (without shells) eggs	
	Weights	Measures
1 egg-----	1-3/4 ounces	3 tablespoons
2 eggs-----	3-1/2 ounces	3/8 cup
3 eggs-----	5-1/4 ounces	5/8 cup
6 eggs-----	10-3/4 ounces	1-1/4 cups
11 eggs-----	1 pound 3-1/2 ounces	2-1/4 cups
12 eggs-----	1 pound 5-1/2 ounces	2-1/2 cups
13 eggs-----	1 pound 7 ounces	2-2/3 cups
25 eggs-----	2 pounds 13 ounces	1 quart 1-1/4 cups
50 eggs-----	5 pounds 9 ounces	2 quarts 2-1/2 cups

SUBSTITUTION OF INGREDIENTS IN RECIPES

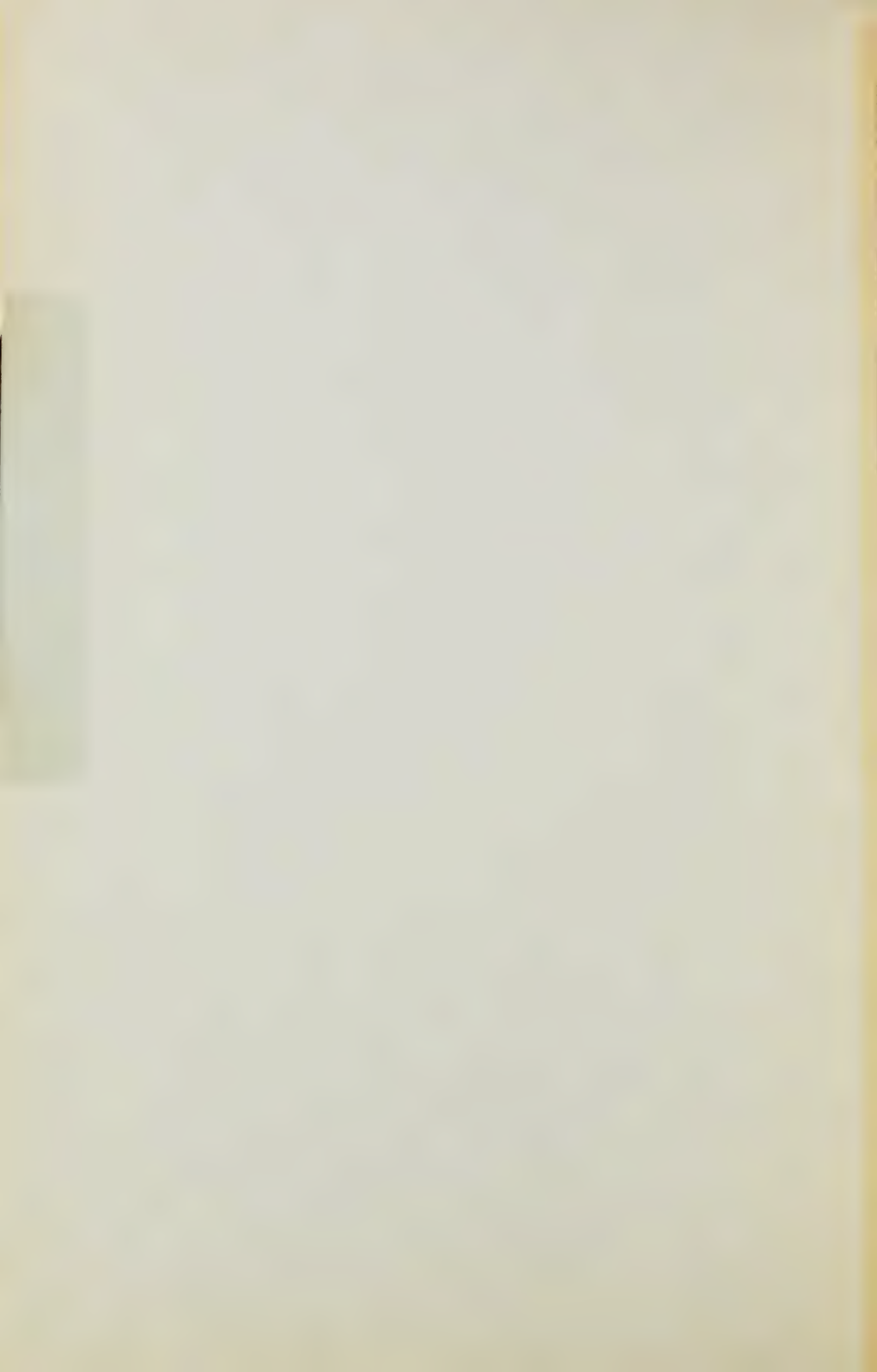
General Information A-13

In place of:	Substitute:	In place of:	Substitute:
1 cup cake flour	7/8 cup all-purpose flour	1 cup sour milk or buttermilk	1 cup sweet milk plus 1 Tbsp lemon juice or vinegar (let stand 5 minutes)
1 Tbsp flour (for thickening)	1/2 Tbsp cornstarch or 1 Tbsp quick cooking tapioca		or 1 cup sweet milk plus 1-3/4 tsp cream of tartar
1 tsp baking powder	1/4 tsp baking soda plus 5/8 tsp cream of tartar	1 oz or 1 square chocolate	3 Tbsp cocoa plus 1 Tbsp fat
1 cup fluid whole milk	1/3 cup instant nonfat dry milk plus 1 cup water and 2-1/2 tsp butter or fortified margarine	1 egg	2-2/3 Tbsp dried whole egg plus 2-2/3 Tbsp water
	3 Tbsp non - instant nonfat dry milk plus 1 cup water and 2-1/2 tsp butter or fortified margarine	12 eggs	2 cups dried whole egg plus 2 cups water

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COOKING CEREALS

Cereal Products B-1

CEREAL—KIND	Ingredients for 50 servings			Cooking time	Directions
	Cereal	Boiling water	Salt		
Corn grits----- Farina----- Rolled oats----- Rolled wheat-----	Cups 4-1/4 2-2/3 9 9	Quarts 4-1/2 4-1/4 4-1/2 4-1/2	Table- spoons 1-2/3 1 1-2/3 1-2/3	Minutes 15 6 3 5	1. Add salt to boiling water; slowly stir in cereal. 2. Lower heat and cook gently, stirring only if needed. 3. Remove from heat; cover pot and let stand 5 to 10 minutes.
Cracked wheat bulgur--	4-1/2	2-1/4	1	15	1. Wash bulgur. 2. Add salt and bulgur to boiling water; stir. 3. Cover pot tightly. Lower heat and cook. 4. Remove from heat and let stand 25 minutes.

SERVING: 1/3 cup grits, farina, rolled oats, or rolled wheat—provides 1/3 cup cereal.

or

1/4 cup bulgur—provides 1/4 cup cereal.

COST PER SERVING _____

COOKING MACARONI, NOODLES, OR SPAGHETTI

Cereal Products B-2

Ingredients	50 servings	For ____ servings	Directions
Salt-----	3 tablespoons		<ol style="list-style-type: none"> 1. Add salt and oil to boiling water. 2. Slowly stir in macaroni, noodles, or spaghetti allowing water to continue boiling; wet all surfaces so pasta pieces will not stick together. 3. Continue cooking uncovered at a fast boil until pasta is tender but firm; about 12 minutes for macaroni and spaghetti and 10 minutes for noodles. Increase cooking time for thicker products such as lasagna noodles; decrease cooking time about one-fourth if pasta will be combined and cooked with other foods. 4. Drain pasta quickly and stir in the fat.
Oil-----	2 teaspoons		
Boiling water	1-1/2 gallons		
*Macaroni-----	1-1/4 quarts		
<i>or</i>			
*Noodles-----	3 quarts		
<i>or</i>			
*Spaghetti, broken-----	2 quarts		
Butter or margarine-----	1/4 cup		

SERVING: 1/4 cup.
 COST PER SERVING
 * See Buying Guide on back of card.

(over)

COOKING MACARONI, NOODLES, OR SPAGHETTI—Continued

BUYING GUIDE FOR SELECTED ITEMS		
Food as purchased	50-serving recipe	For ____-serving recipe
Macaroni.....	1 pound 6 ounces.....
Noodles.....	1 pound 11 ounces.....
Spaghetti.....	1 pound 10 ounces.....

COOKING RICE

Cereal Products B-3

Ingredients	50 servings	For ____ servings	Directions
Rice (see note) _____ Salt _____ Boiling water _____ Oil _____	1 quart _____ 2 teaspoons _____ 1-3/4 quarts _____ 2 teaspoons _____	_____ _____ _____ _____	1. Add rice and salt to boiling water. Add oil to prevent foaming. Stir; cover pot. 2. Cook on low heat about 15 minutes for white rice and 25 minutes for parboiled rice. 3. Remove from heat and let stand covered 5 to 10 minutes.

SERVING: 1/4 cup.

COST PER SERVING _____

NOTE: Do not wash enriched rice.

VARIATION

- COOKING RICE IN THE OVEN:** Omit oil. Place rice in a baking pan, about 12 by 10 by 2 inches. Add salt to boiling water and pour over rice; stir to distribute evenly in pan. Cover pan tightly. Bake at 350° F (moderate oven) 30 minutes for white rice and 45 minutes for parboiled rice. Remove from oven and let stand covered 5 minutes.

BISCUITS

Cereal Products B-4

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour----- Nonfat dry milk----- Baking powder----- Salt-----	1 quart----- 1/4 cup [▲] ----- 2 tablespoons----- 1 teaspoon-----		1. Blend dry ingredients 4 minutes in mixer on low speed.
Shortening-----	1 cup-----		2. Mix in fat until mixture is crumbly.
Water-----	About 1 cup-----		3. Add enough water to make a soft dough. 4. Turn out on a lightly floured board and knead gently about 1 minute. 5. Roll out to 1/2-inch thickness. Cut with a floured 1-1/2-inch biscuit cutter and place on an ungreased baking sheet or place dough on an ungreased baking sheet and cut into 1-1/2-inch squares. 6. Bake 12 to 15 minutes at 425° F (hot oven).

SERVING: 1 biscuit—provides a serving of bread (equal to 1/2 slice).

COST PER SERVING_____

▲ Non-instant nonfat dry milk or use 1/2 cup instant nonfat dry milk.

(over)

BISCUITS—Continued

VARIATIONS

- *a. **CHEESE BISCUITS:** Add 1 cup grated cheese to blended dry ingredients. Serving is same as for basic recipe.
- b. **CORNMEAL BISCUITS:** Use only 2-1/2 cups all-purpose flour and add 1 cup cornmeal. Serving is same as for basic recipe.
- c. **DROP BISCUITS:** Increase water to about 1-1/4 cups. Omit steps 4 and 5. Using a No. 40 scoop or about 1-1/2 tablespoons, portion dough onto ungreased baking sheets. Serving is same as for basic recipe.

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation a Cheese-----	4 ounces-----	-----

* See Buying Guide.

CORNBREAD

Cereal Products B-5

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour----- Cornmeal-----	1 quart----- 3 cups-----	----- -----	1. Blend dry ingredients 4 minutes in mixer on low speed.
<i>or</i> Corn grits-----	2-1/2 cups-----	-----	
Baking powder-----	1/4 cup-----	-----	
Nonfat dry milk-----	1/2 cup [▲] -----	-----	
Sugar-----	1 cup-----	-----	
Salt-----	2 teaspoons-----	-----	
Eggs-----	6 large-----	-----	
Oil-----	1/2 cup-----	-----	
Water-----	2-1/2 cups-----	-----	
			2. Beat eggs; add oil and water. 3. Pour egg mixture into dry ingredients. Mix just enough to moisten. 4. Pour batter into a greased baking pan, about 12 by 20 by 2 inches. 5. Bake at 425° F (hot oven) 20 minutes until browned.

SERVING: 1 piece, about 2 by 2 inches—provides a serving of bread (equal to 1/2 slice).

COST PER SERVING _____

▲ Non-instant nonfat dry milk or use 1 cup instant nonfat dry milk.

BAKED SCRAMBLED EGGS—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation b Cured ham, without bone.....	10 ounces.....	

MUFFINS

Cereal Products B-6

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour----- Nonfat dry milk----- Baking powder----- Sugar----- Salt-----	1-1/4 quarts----- 1/2 cup^----- 3 tablespoons----- 3/4 cup----- 2 teaspoons-----	----- ----- ----- ----- -----	1. Blend dry ingredients 4 minutes in mixer on low speed.
Eggs----- Oil----- Water-----	3 large----- 1 cup----- 2-1/3 cups-----	----- ----- -----	2. Beat eggs. Add oil and water. Add to dry ingredients and stir only until dry ingredients are moistened and batter has lumpy appearance. 3. Fill small greased muffin cups (2 by 1 inch) 3/4 full of batter, or fill larger cups (2-3/4 by 1-1/4 inches) 2/3 full. 4. Bake at 400° F (hot oven) 20 minutes until browned.

SERVING: 1 small muffin or 1/2 large muffin—provides a serving of bread (equal to 1/2 slice).

COST PER SERVING _____

^ Non-instant nonfat dry milk or use 1 cup instant nonfat dry milk. (over)

MUFFINS—Continued

VARIATIONS

- *a. **BLUEBERRY MUFFINS:** Add 1-1/2 cups fresh or 2 cups drained, canned blueberries to eggs-oil-water mixture before stirring into dry ingredients. Serving is same as for basic recipe.
- b. **CORNMEAL MUFFINS:** Use only 2-1/2 cups all-purpose flour and add 2-1/2 cups cornmeal. Serving is same as for basic recipe.
- *c. **DATE MUFFINS:** Mix 1-1/4 cups chopped, pitted dates into the blended dry ingredients. Serving is same as for basic recipe.
- d. **RAISIN MUFFINS:** Mix 1-1/2 cups raisins into the blended dry ingredients. Serving is same as for basic recipe.
- e. **ROLLED WHEAT OR ROLLED OATS MUFFINS:** Use only 2-1/2 cups all-purpose flour and add 2-1/2 cups rolled wheat or rolled oats with the dry ingredients. Mix in 1-1/2 cups raisins. Serving is same as for basic recipe.

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation a Canned blueberries.....	1 pound 10-1/2 ounces.....	-----
Variation c Dates, pitted.....	8 ounces.....	-----

* See Buying Guide.

ROLLS OR WHITE BREAD

Cereal Products B-7

Ingredients	50 servings	For ____ servings	Directions
Active dry yeast-----	2 packages (about 2 tablespoons).	-----	<p>NOTE: All ingredients and utensils must be at room temperature.</p> <p>1. Dissolve yeast in warm water.</p> <p>2. Blend dry ingredients 4 minutes in a mixer on low speed. Add fat.</p> <p>3. Add water while mixing on low speed for 1 minute. Add yeast mixture while mixing on low speed for 4 minutes. Mix on medium speed for 10 minutes.</p> <p>4. Set bowl of dough in a warm place (90° F) about 30 minutes until doubled in volume.</p> <p>5. Punch down dough and form into rolls about 1 inch in diameter. Place on greased sheet pans. For loaves, divide dough in half and place each half in a greased bread pan, about 4 by 10 by 4 inches.</p>
Compressed yeast----- <i>or</i>	2 cakes (about 3 table- spoons, packed).	-----	
Warm water-----	2/3 cup-----	-----	
All-purpose flour-----	1-1/4 quarts-----	-----	
Nonfat dry milk-----	1/4 cup^-----	-----	
Sugar-----	1/3 cup-----	-----	
Salt-----	2 teaspoons-----	-----	
Shortening-----	1/3 cup-----	-----	
Water-----	1 cup-----	-----	

^ Non-instant nonfat dry milk or use 1/2 cup instant nonfat dry milk.

(over)

ROLLS OR WHITE BREAD—Continued

Ingredients	50 servings	For ___ servings	Directions
			<p>6. Brush tops lightly with oil or melted shortening. Let rise in a warm place (90° F) for 30 minutes.</p> <p>7. Bake rolls at 375° F (moderate oven) 15 to 20 minutes and bread at 400° F (hot oven) 20 to 25 minutes until browned.</p>

SERVING: 1 roll—provides a serving of bread (equal to 1/2 slice).

or

1/2 slice, 3/4 inch thick—provides a serving of bread.

COST PER SERVING _____

VARIATIONS

- RAISIN ROLLS OR BREAD:** Increase yeast to 4-1/2 packages (about 1/4 cup) active dry or 4 cakes (about 1/3 cup) compressed. Add 2 cups raisins during last 2 minutes of mixing (step 3). Bake rolls at 350° F (moderate oven) for 20 to 25 minutes and bread at 375° F (moderate oven) 30 to 35 minutes. Serving is same as for basic recipe.
- WHEAT ROLLS OR BREAD:** Decrease all-purpose flour to 2-1/2 cups and add 2-1/2 cups whole wheat flour. Bake 30 to 35 minutes at 400° F (hot oven). Serving is same as for basic recipe.

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	-----	C-4 d

APPLE CRISP

Desserts C-1

Ingredients	50 servings	For _____ servings	Directions
FILLING: *Apples, pared, sliced Dark brown sugar, packed. Cinnamon Lemon juice Water	1 gallon 2 cups 2 teaspoons 1-1/3 table- spoons. 1/2 cup		1. Place apples in a greased baking pan (about 12 by 20 by 2 inches). 2. Blend sugar and cinnamon. Mix in lemon juice and water; pour over apples.
TOPPING: Rolled wheat or Rolled oats Dark brown sugar, packed. Salt All-purpose flour Butter or margarine	1 cup or 1 cup 1 cup 1/2 teaspoon 1-1/3 cups 1 cup		3. For topping, combine wheat or oats with remaining ingredients and mix until crumbly. 4. Cover fruit with topping. 5. Bake at 400° F (hot oven) 25 minutes until apples are tender.

SERVING: 1 piece, about 2 by 2 inches—provides 2 tablespoons fruit.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

VARIATIONS

- *a. APRICOT OR PEACH CRISP:** Use 1-1/2 quarts drained apricot halves or peach slices, 1-1/3 tablespoons lemon juice and 1/2 cup apricot or peach liquid in place of apple filling in basic recipe. Serving is same as for basic recipe.
- *b. CRANBERRY-APPLE CRISP:** In place of apple filling in basic recipe, use cranberry-apple mixture. Boil 2-1/2 cups sugar and 1-1/2 cups water 5 minutes. Add 1 quart cranberries and boil 5 minutes longer until cranberries burst. Remove from heat and cool. Combine 2 quarts pared, sliced apples with cranberry mixture. Serving is same as for basic recipe.

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe		
Apples	5 pounds 2 ounces	
Variation a		
Canned apricot halves	6 pounds 12 ounces	
<i>or</i>	<i>or</i>	
Canned peach slices	5 pounds	
Variation b		
Cranberries	1 pound	
Apples	2 pounds 9 ounces	

*** See Buying Guide.**

BAKED CUSTARD

Desserts C-2

Ingredients	50 servings	For ____ servings	Directions
Eggs.....	13 large.....		1. Beat together eggs, sugar, salt, and vanilla. 2. Pour milk into egg mixture and mix well. 3. Pour mixture into a baking pan, about 12 by 20 by 2 inches, (or to a depth of no more than 1 inch in other size pan). Sprinkle with nutmeg. 4. Bake at 350° F (moderate oven) 25 to 30 minutes until custard is set.
Sugar.....	1-1/3 cups.....		
Salt.....	1/2 teaspoon.....		
Vanilla.....	1 tablespoon.....		
Hot milk.....	2-1/4 quarts.....		
Nutmeg (if desired).....	1 teaspoon.....		

SERVING: 1 piece, about 2 by 2 inches.

COST PER SERVING _____

VARIATION

*a. BAKED RICE CUSTARD: Reduce milk to 2 quarts and add 3 cups cooked rice (card B-3) and 2 cups raisins. Serving is same as for basic recipe.

* See Buying Guide on back of card.

(over)

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation a Rice-----	1 cup (7 ounces)-----	-----

BREAD PUDDING

Desserts C-3

Ingredients	50 servings	For ____ servings	Directions
Eggs-----	7 large		1. Beat together eggs, sugar, salt, and vanilla.
Sugar-----	1 cup		
Salt-----	2 teaspoons		
Vanilla-----	2 tablespoons		
Butter or margarine-----	2 tablespoons		2. Add fat to milk. Pour milk into egg mixture.
Hot milk-----	2-1/2 quarts		
Bread cubes-----	2-1/4 quarts		3. Place bread cubes and raisins in a greased baking pan, about 12 by 20 by 2 inches (or to a depth of no more than 1 inch in other size pan). Pour custard mixture over bread and raisins.
Raisins-----	2 cups		
			4. Bake at 325° F (slow oven) 25 to 30 minutes until set.

SERVING: 1 piece, about 2 by 2 inches.

COST PER SERVING _____

c. **PANCAKE PUDDING:** Omit food coloring. Heat 1 1/2 cups pancake mix in a saucepan over salt and stir into milk. Reduce water to 1/2 cup and cornstarch to 3/4 cup. Boiling is same as for basic recipe.

d. **TAPIoca PUDDING:** Omit food coloring. Use 1 cup tapioca in place of cornstarch. Serving is same as for basic recipe.

CREAM PUDDING

Desserts C-4

Ingredients	50 servings	For _____ servings	Directions
Sugar _____	1-1/2 cups _____		1. Add sugar and salt to milk; heat to simmering point. 2. Beat eggs; add water and food coloring. Beat in cornstarch. 3. Add egg mixture slowly to milk mixture, stirring constantly with a french whip. Cook about 6 minutes, continuing to stir, until temperature of mixture has returned to simmering point. 4. Remove pudding from heat and stir in vanilla. 5. Cool quickly, stirring often.
Salt _____	1/2 teaspoon _____		
Hot milk _____	2-1/2 quarts _____		
Eggs _____	4 large _____		
Water _____	1 cup _____		
Yellow food coloring _____	1/8 teaspoon _____		
Cornstarch _____	1-1/4 cups _____		
Vanilla _____	2 tablespoons _____		

SERVING: About 1/4 cup.
COST PER SERVING _____

VARIATIONS

- CHOCOLATE PUDDING:** Omit food coloring. Add 5 squares melted bitter chocolate while cooking. Serving is same as for basic recipe.
- COCOONUT PUDDING:** Add 1-2/3 cups flaked coconut after cooking. Serving is same as for basic recipe.
- PEANUT BUTTER PUDDING:** Omit food coloring. Blend 1-1/2 cups peanut butter with sugar and salt and stir into milk. Reduce water to 1/2 cup and cornstarch to 3/4 cup. Serving is same as for basic recipe.
- TAPIOCA PUDDING:** Omit food coloring. Use 1 cup tapioca in place of cornstarch. Serving is same as for basic recipe.

For more information, please contact the author.
COFFEE FOR BAKING
a. ROLLED WHEAT COOKIES: Use 3 cups rolled wheat in place of rolled oats. The following is a basic recipe.

OATMEAL COOKIES

Desserts C-5

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour----- Rolled oats, quick, uncooked.	2 cups----- 3 cups-----		1. Blend dry ingredients 1 minute in mixer on low speed. Mix in raisins.
Baking powder----- Cinnamon----- Raisins-----	1 tablespoon----- 2 teaspoons----- 1-1/2 cups-----		
Butter, margarine, or shortening.	3/4 cup-----		
Brown sugar, packed Eggs-----	1-1/2 cups----- 2 large-----		
Milk-----	1 cup-----		2. Cream fat and brown sugar until well blended. 3. Add eggs; beat to blend. 4. Add dry ingredients and raisins alternately with milk. 5. Using a No. 40 scoop or about 1-1/2 tablespoons dough, portion cookies onto greased baking sheets. 6. Bake at 375° F (moderate oven) for about 15 minutes. Remove cookies from pan while hot.

SERVING: 1 cookie, about 2 inches diameter.

COST PER SERVING _____

a. ROLLED WHEAT COOKIES: Use 3 cups rolled wheat in place of rolled oats. Serving is same as for basic recipe.

2. **Constant Instant Profitable and Stable** I want instant profitable and stable.

(Cover)

PEANUT BUTTER-RAISIN COOKIES

Desserts C-6

Ingredients	50 servings	For _____ servings	Directions
All-purpose flour----- Baking powder----- Nonfat dry milk----- Salt----- Cinnamon----- Raisins, chopped-----	2 cups----- 1 tablespoon----- 1/2 cup▲----- 1/2 teaspoon----- 1 teaspoon----- 1 cup-----		1. Blend dry ingredients except sugar 4 minutes in mixer on low speed. Mix in raisins.
Shortening----- Sugar----- Peanut butter----- Eggs-----	1/2 cup----- 1-1/4 cups----- 1 cup----- 2 large-----		2. Cream fat, sugar, and peanut butter until well blended. 3. Add eggs; beat to blend.
Vanilla----- Water-----	1 teaspoon----- 1/2 cup-----		4. Add dry ingredients alternately with liquids to peanut butter mixture. 5. Using a No. 40 scoop or about 1-1/2 tablespoons, portion dough onto ungreased baking sheets. Press each cookie flat with a fork. 6. Bake at 375° F (moderate oven) 12 to 15 minutes until golden brown.

SERVING: 1 cooky, about 2-1/2 inches diameter.

COST PER SERVING _____

▲ Non-instant nonfat dry milk or use 1 cup instant nonfat dry milk.

(over)

VARIATION

- a. PEANUT BUTTER-RAISIN COOKIES (using rolled wheat); Reduce flour to 1 cup and add 1 cup rolled wheat. Serving is same as for basic recipe.

PRUNE-SPICE CAKE

Desserts C-7

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour Nonfat dry milk Baking powder Baking soda Salt Ground cloves Cinnamon	2-1/2 cups 3 tablespoons ▲ 1-1/3 table- spoons. 1 teaspoon 1 teaspoon 1/2 teaspoon 1 teaspoon		1. Blend dry ingredients except sugar 4 minutes in mixer on low speed.
Shortening Sugar	1 cup 1-1/2 cups		2. Cream fat and sugar 5 minutes on medium speed until mixture is light and fluffy.
Eggs	3 large		3. Add eggs to creamed mixture; mix 1/2 minute on low speed. Beat 5 minutes on medium speed. 4. Add 1/3 of the dry ingredients. Mix on low speed until blended.
Prune juice	1-1/4 cups		5. Add 1/2 of the juice. Mix on low speed until blended. 6. Repeat steps 4 and 5. 7. Add remaining dry ingredients and mix until blended. Beat 1/2 minute.

▲ Non-instant nonfat dry milk or use 1/3 cup instant nonfat dry milk. (over)

VANILLA COOKIES

Desserts C-8

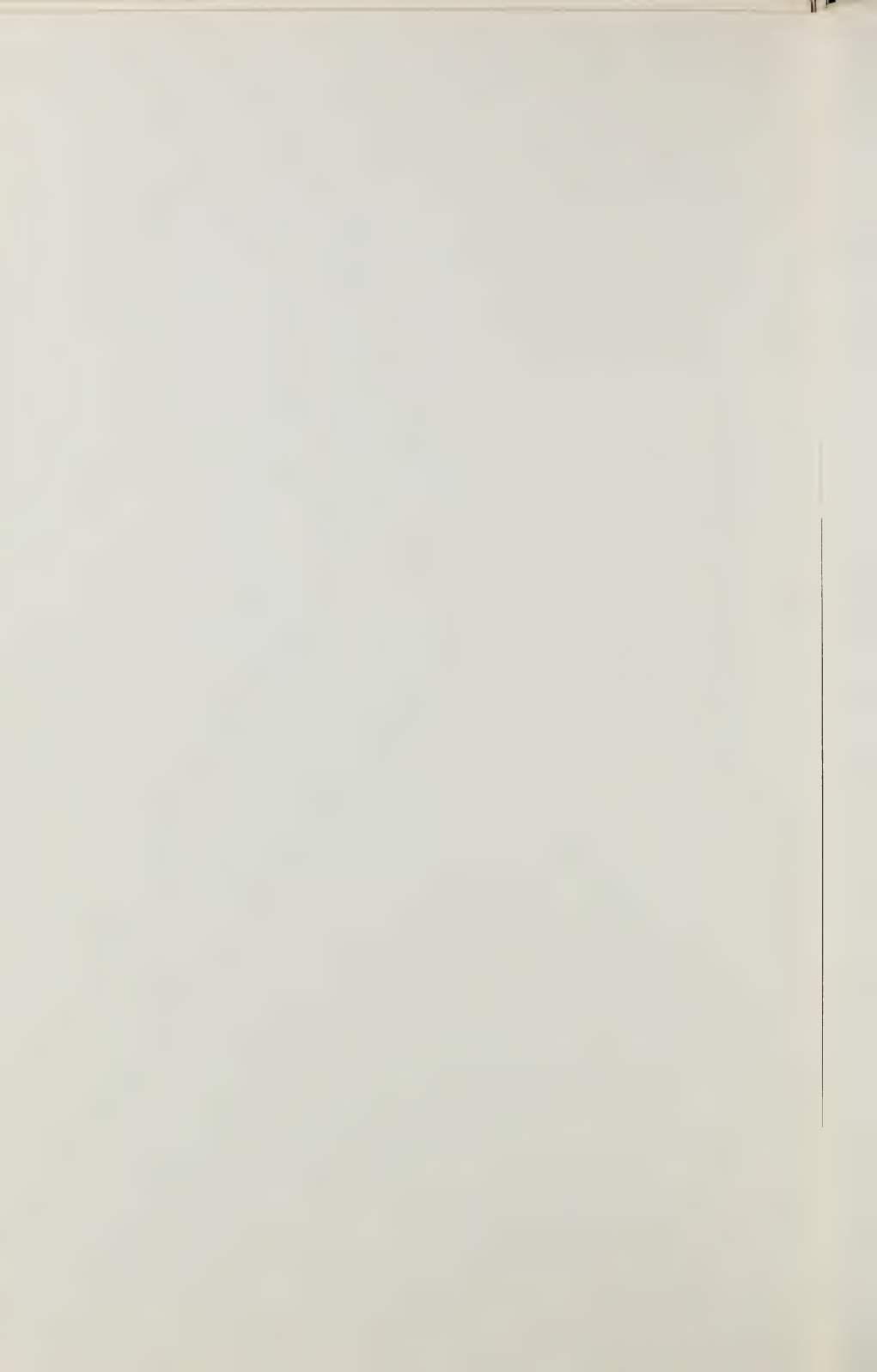
Ingredients	50 servings	For ____ servings	Directions
All-purpose flour	1 quart		1. Blend dry ingredients except sugar 1 minute in mixer on low speed. 2. Cream fat and sugar until well blended. 3. Add eggs and vanilla to creamed mixture; beat to blend. 4. Add dry ingredients. Blend. 5. Using a No. 40 scoop or about 1-1/2 tablespoons, portion dough onto greased baking sheets. 6. Bake at 375° F (moderate oven) 12 to 15 minutes until light brown.
Baking powder	2 tablespoons		
Salt	1 teaspoon		
Butter or margarine	1-1/2 cups		
Sugar	2 cups		
Eggs	4 large		
Vanilla	1 tablespoon		

SERVING: 1 cookie, about 3 inches diameter.

COST PER SERVING _____

VARIATIONS

- CHOCOLATE CHIP COOKIES:** Add 2 cups chocolate chips with flour mixture. Serving is same as for basic recipe.
- COCONUT COOKIES:** Add 2 cups shredded coconut with flour mixture. Serving is same as for basic recipe.
- RAISIN COOKIES:** Add 2 cups chopped raisins with flour mixture. Serving is same as for basic recipe.



VANILLA CREAM FROSTING

Desserts C-9

Ingredients	50 servings	For ____ servings	Directions
Butter or margarine----- Salt----- Vanilla-----	1/4 cup----- dash----- 2 teaspoons-----	----- ----- -----	1. Cream fat, salt, and vanilla until light and fluffy.
Confectioner's sugar----- Hot water-----	3 cups----- About 3 table- spoons.	----- ----- -----	
2. Add sugar and water alternately. Beat until light and fluffy. YIELD OF FROSTING: Frosting for a sheet cake (about 13 by 18 by 1 inch).			

TOTAL COST _____

VARIATIONS

- CHOCOLATE CREAM FROSTING:** Reduce vanilla to 1 teaspoon. Blend 1/2 cup cocoa with sugar and increase water to about 1/4 cup.
- LEMON CREAM FROSTING:** Use 1 teaspoon lemon extract in place of vanilla.
- ORANGE CREAM FROSTING:** Use 1/4 teaspoon lemon juice in place of vanilla. Reduce water to about 2 tablespoons and add 2 tablespoons frozen orange juice concentrate (thawed).
- PEANUT BUTTER CREAM FROSTING:** Use 1/4 cup peanut butter in place of butter or margarine. Reduce vanilla to 1/2 teaspoon; increase water to about 1/3 cup.

▲ Non-instant nonfat dry milk or use 1/3 cup instant nonfat dry milk.

(over)

(optional) 1/2 tsp. salt. Bake at 350° F. (moderate oven) 30 minutes until done.

YELLOW CAKE

Desserts C-10

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour----- Nonfat dry milk----- Baking powder-----	2-1/2 cups----- 3 tablespoons ▲ 1-1/3 table- spoons.		1. Blend dry ingredients 4 minutes in mixer on low speed.
Salt-----	1 teaspoon-----		
Shortening----- Sugar----- Vanilla-----	1 cup----- 1-1/2 cups----- 1 teaspoon-----		2. Cream fat, sugar, and vanilla 5 minutes on medium speed until mixture is light and fluffy.
Eggs-----	3 large-----		3. Add eggs to creamed mixture; mix on low speed 1/2 minute until mixed. Beat 5 minutes on medium speed.
Water-----	1 cup-----		4. Add 1/3 of the dry ingredients. Mix on low speed until blended. 5. Add 1/2 of the water. Mix on low speed until blended. 6. Repeat steps 4 and 5. 7. Add remaining dry ingredients and mix until blended. Beat 1/2 minute on medium speed. 8. Pour batter into a greased sheet pan (about 13 by 18 by 1 inch). Bake at 350° F (moderate oven) 30 minutes until done.

▲ Non-instant nonfat dry milk or use 1/3 cup instant nonfat dry milk.

(over)

Ingredients	50 servings	For ____ servings	Directions
			9. When cake is cool, cut in squares and either frost or serve with fruit.

SERVING: 1 piece, about 2 by 2 inches.
COST PER SERVING _____

VARIATIONS

- a. **APPLESAUCE CAKE:** Omit vanilla. Add 1/2 teaspoon ground cloves and 1 teaspoon cinnamon to dry ingredients. Reduce water to 1/2 cup and mix with 1 cup applesauce. Mix 1 cup raisins with 2 tablespoons flour. Add to batter. Serving is same as for basic recipe.
- *b. **PEACH OR PINEAPPLE UPSIDE-DOWN CAKE:** Melt 1/2 cup butter or margarine in a baking pan (about 13 by 18 by 1 inch). Add 1-1/2 cups, packed, brown sugar. Spread 3-1/4 cups drained, chopped peaches or drained pineapple tidbits over the sugar and fat. Cover with cake batter. Bake at 350° F (moderate oven) 35 minutes until done. Invert each piece as served. Serving is same as for basic recipe.

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation b		
Canned sliced peaches	2 pounds 11 ounces	-----
Canned pineapple tidbits	2 pounds 4-1/2 ounces	-----

* See Buying Guide.

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COOKING DRY BEANS AND SPLIT PEAS

Main Dishes D-1

Dry beans—kind	Amount of dry beans (2 pounds 5 ounces)	Approximate amount of boiling water ¹	Approximate cooking time ¹
Beans, blackeye beans or peas-----	1 quart 1-1/4 cups-----	3-3/4 quarts-----	1/2 hour
Beans, red (kidney or pinto)-----	1 quart 1-1/2 cups-----	3-3/4 quarts-----	2 hours
Beans, lima:			
Large-----	1-1/2 quarts-----	3-3/4 quarts-----	1 hour
Small-----	1 quart 1-1/4 cups-----	3-3/4 quarts-----	1 to 1-1/2 hours
Beans, white:			
Great northern-----	1-1/2 quarts-----	3-3/4 quarts-----	1 hour
Pea beans (navy or small white)-----	1 quart 1-1/4 cups-----	3-3/4 quarts-----	2 to 2-1/2 hours

DIRECTIONS

1. Sort and wash beans.
2. Add beans and 1 tablespoon salt to boiling water.

3. Boil 2 minutes.

4. Remove from heat. Cover and let soak 1 hour or, if more convenient, cool and let beans stand overnight in refrigerator.

5. To season—add 1/2 pound bacon, pork jowls, or salt pork, diced, or 3/4 to 1-1/4 pounds ham bones.

NOTE: *Precook meat in boiling water as needed to assure doneness before combining with beans.*

6. Cook beans in soaking water for the time indicated or until tender. Begin counting cooking time when water returns to boiling point. Add boiling water if beans become dry.

YIELD OF COOKED BEANS: About 3 quarts 1/2 cup—50 servings (1/4 cup each).

¹ Amount of water and cooking time will depend on age and variety of beans and type of water used. To shorten cooking time add 3/4 teaspoon baking soda to the 3-3/4 quarts of water used for the 2-minute boil.

(over)

COOKING DRY BEANS AND SPLIT PEAS—Continued

Split Peas

Split peas	Amount of split peas (2 pounds 8 ounces)	Approximate amount of boiling water	Approximate cooking time
Dry split peas	1 quart 1-1/4 cups	2-3/4 quarts	20 or 35 minutes

DIRECTIONS

1. Sort and wash peas.
2. Add peas to boiling water. Boil 2 minutes. Cover and let soak 30 minutes.
3. Add 1 tablespoon salt.
4. Place peas and soaking liquid into a large saucepan or stockpot. Bring to boiling point. Simmer 20 minutes. Do not stir.

or

Place peas and soaking liquid in a baking pan (about 12 by 20 by 2 inches). Cover pan tightly. Bake at 350° F (moderate oven) 35 minutes.

YIELD OF COOKED PEAS: About 3 quarts 1/2 cup—50 servings (1/4 cup each).

HARD-COOKED EGGS

Main Dishes D-2

DIRECTIONS FOR USING FRESH (SHELL) EGGS (see card A-12)

Cooked in Water

1. Place eggs in shell in a wire basket. Lower basket carefully into gently boiling water. Simmer just below boiling point for 20 minutes.
2. Remove pot from heat and cool eggs quickly under cold running water. Crack shells by rolling or stirring lightly. Peel from large end of egg.
3. Chop or cut in halves and use immediately in hot main dishes or chill in refrigerator for use in salads or sandwiches.

Cooked in Oven

1. Break 25 eggs, one at a time, into greased baking pans (about 12 by 20 by 2 inches). Add 1/2 cup water to each pan.
 2. Set each pan of eggs in a pan of hot water; cover and bake at 350° F (moderate oven) about 30 minutes until eggs are firm.
 3. Chop into 1/2-inch squares and use immediately in hot main dishes or chill in refrigerator for use in salads or sandwiches.
-

BRAISING OR POT ROASTING MEATS

Main Dishes D-3

Less tender cuts of meat may be braised or pot roasted. Meat is cooked slowly with a small amount of liquid in a covered pan.

Suggested meat cuts for this method of cooking are given in the table on back of card.

For amount to buy for 50 1-1/2-ounce servings of cooked lean meat, see second column in table.

DIRECTIONS FOR COOKING

1. Mix 1/4 teaspoon salt and 3 tablespoons flour per pound of meat and sprinkle on or rub into the meat, if desired, to increase browning.
2. Brown meat with fat as needed in a heavy pot or a dutch oven.
3. Add small amount of water; add more water if needed during cooking.

4. Cover pan; simmer (do not boil) on top of range or bake at 325° F (slow oven).
5. Cook until meat is tender. Use timetable below as a guide to cooking time.
6. Remove meat from pan. Cool 10 to 20 minutes, slice, and serve. Drain off fat and make gravy from remaining drippings.

(over)

BRAISING OR POT ROASTING MEATS—Continued

AMOUNT TO BUY AND TIMETABLE

Kind and cut of meat	Amount to buy	Thickness or weight of piece	Cooking time
	<i>Pounds - Ounces</i>		<i>Hours</i>
Beef			
Chuck, rolled-----	6 4	5 to 15 pounds-----	3 to 5
Chuck roast with bone-----	8 10	3 to 5 pounds-----	3 to 4
		5 to 15 pounds-----	3 to 5
Round steak, boneless-----	6 8	3/4- to 1-inch-----	1 to 1-1/2
Stewmeat-----	7 4	1-1/2-inch cubes-----	1-1/2 to 2-1/2
Lamb			
Shoulder, rolled-----	6 7	3 to 5 pounds-----	2 to 2-1/2
Stewmeat-----	7 4	1-1/2-inch cubes-----	1-1/2 to 2
Pork			
Chops with bone-----	8 12	3/4-inch-----	3/4 to 1
Veal			
Shoulder, rolled-----	7 2	3 to 5 pounds-----	2 to 2-1/2
Stewmeat-----	7 4	1-inch cubes-----	3/4 to 1

COOKING MEATS IN LIQUID

Main Dishes D-4

Some less tender and highly flavored cuts of meat are commonly cooked (simmered) with enough water to cover.

Meats suggested for this method of cooking are given in the table below.

For amount to buy for 50 1-1/2-ounce servings of cooked lean meat, see second column in table.

DIRECTIONS FOR COOKING

1. Place meat in a pot. Cover with water. Add 1 teaspoon salt per 2 pounds meat and other seasonings as desired.

2. Cover pan and simmer (do not boil) until tender. Use the timetable below as a guide to cooking time.

AMOUNT TO BUY AND TIMETABLE

Kind and cut of meat	Amount to buy	Thickness or weight of piece	Cooking time
	<i>Pounds - Ounces</i>		<i>Hours</i>
Beef			
Brisket, fresh, boneless-----	7	8 pounds-----	4 to 5
Stewmeat, boneless-----	7	1-1/2-inch cubes-----	2-1/2 to 3-1/2
Tongue-----	8	3 to 4 pounds-----	3 to 3-1/2
Lamb			
Stewmeat, boneless-----	7	1-1/2-inch cubes-----	1-1/2 to 2
Pork, cured			
Ham, with bone, cook-before-eating.	7	5 to 8 pounds-----	2 to 2-2/3
Veal			
Stewmeat, boneless-----	7	1-inch cubes-----	2 to 3

Tender cuts of meat may be roasted. Meat is roasted in an open pan without added liquid. Suggested meat cuts for this method of cooking are given in the table below.

For amount to buy for 50 1-1/2-ounce servings of cooked lean meat, see second column in table.

DIRECTIONS FOR COOKING

1. Place meat in roasting pan, fat side up. Allow space in pan between roasts. *Do not cover pan or add water.*

and thermometer registers the temperature given in timetable below.

Use the timetable as a guide to cooking time.

Insert thermometer into the center of the thickest part of the meat, away from bone, fat, or gristle.

3. Remove meat from pan. Cool 10 to 20 minutes, slice, and serve. Drain off fat and make gravy from remaining drippings.

2. *Roast at 325° F (slow oven)* until meat is tender

AMOUNT TO BUY AND TIMETABLE

Kind and cut of meat ¹	Amount to buy	Weight of piece	Internal temperature ² of cooked meat	Cooking time	
	<i>Pounds – Ounces</i>	<i>Pounds</i>		<i>Hours</i>	
Beef					
Rump, rolled-----	6	7	4 to 5-----	160° to 170° F-----	2 to 2-1/2
Lamb					
Leg, rolled-----	6	12	5 to 8-----	175° to 180° F-----	3 to 4
Shoulder, rolled-----	6	7	3 to 5-----	175° to 180° F-----	2-1/4 to 3-1/3

(Continued on back)

ROASTING MEATS—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Kind and cut of meat ¹	Amount to buy	Weight of piece	Internal temperature ² of cooked meat	Cooking time
Pork, fresh				
Ham-----	8 10	5 to 8-----	170° F-----	3-1/3 to 4-2/3
Loin-----	9 7	3 to 5-----	170° F-----	2 to 3-1/3
Pork, cured (mild)				
Ham, cook-before-eating-----	7	5 to 7----- 10 to 14-----	160° F----- 160° F-----	2 to 2-1/2 3-1/2 to 4-1/4
Ham, fully cooked -----	7	5 to 7----- 12 to 16-----	140° F----- 140° F-----	2 3-1/2 to 4
Canned ham -----	5 2	6 to 10-----	130° F-----	1-1/2 to 2-1/2
Veal				
Leg, rolled-----	6 13	4 to 6-----	170° F-----	2 to 3
Shoulder, rolled-----	7 4	3 to 5-----	170° F-----	2-1/4 to 3-1/2

¹ All cuts of meat not designated "rolled" or "boneless" contain bone.

² Internal temperature: the thermometer should register 170° to 185° F for well done; 160° F for medium done; 130° F for heated only.

DIRECTIONS FOR COOKING

1. Clean and rinse chicken or turkey, inside and out, in cold running water (see card D-8). *Use the timetable as a guide to cooking time.*
2. Put in large kettle or stockpot. Add enough water to half cover chicken or turkey. Season as desired. Cover and simmer until tender. *Do not cook partially on one day and finish on the next.*

AMOUNT TO BUY AND TIMETABLE

Form of chicken or turkey	Amount to buy for 50 1-1/2-ounce servings	Weight	Stewing time
Chicken, whole, ready-to-cook-----	<i>Pounds - Ounces</i> 13	<i>Pounds</i> 2-1/2 to 4 4 to 8	<i>Hours</i> 1 to 1-1/2 2 to 4
Turkey, whole, ready-to-cook-----	10	18 to 20	3 to 3-1/2

DIRECTIONS FOR COOLING COOKED CHICKEN OR TURKEY

1. Remove chicken or turkey from broth and place on sheet pans.
2. Place container of broth in cold, running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F).
3. When poultry is cool enough to handle, remove meat from bones. Spread pieces of meat in one layer to cool. As soon as cool, wrap meat loosely in waxed paper or foil. Store in refrigerator (35° to 40° F).

CAUTION: *Use broth and poultry meat within 2 days after cooking.*



STORING, THAWING, AND COOKING FISH

Main Dishes D-7

Fish must be properly handled during storage, thawing, preparation, cooking, and serving to avoid spoilage or serious food poisoning.

For amount to buy for 50 1-1/2-ounce servings of cooked fish, see second column in table.

DIRECTIONS FOR STORING

- Canned fish should be stored in a cool, dry place.
- Fresh fish should be delivered packed in crushed ice. Fresh fish should be stored in the refrigerator at 35° to 40° F until removed for cooking.

- *Do not hold fresh fish longer than 1 day before cooking.*
- Frozen fish should be delivered hard frozen. Frozen fish should be stored in the freezer at 0° F or below until it is removed for thawing and cooking.

DIRECTIONS FOR THAWING

1. Schedule thawing so that the fish will be cooked soon after it is thawed. *Do not hold thawed fish longer than 1 day before cooking.*
2. Remove from the freezer only the amount of fish needed for 1 day's use.
3. Remove the fish from the cartons and place the individual packages or cans on trays in the refrigerator at 35° to 40° F to thaw. Allow 24 to 36 hours for thawing the 1-pound packages or cans and 48 to 72 hours for thawing the 5-pound solid packed packages or the gallon cans.
4. If quicker thawing is necessary, remove the fish from the cartons and thaw the individual packages in cold water. Change water often to hasten thawing. Allow 1 to 2 hours for thawing

- the 1-pound packages or cans and 2 to 3 hours for thawing the 5-pound packages. Allow 6 to 8 hours for thawing gallon cans.
5. *Do not thaw at room temperature or in warm water.*
6. *Do not refreeze.*
7. *Fish portions and fish sticks should not be thawed before cooking.* Remove from the freezer only the amount of portions or sticks needed for 1 day's use.
8. Frozen fillets and steaks may be cooked without thawing if additional cooking time is allowed. Fillets or steaks to be breaded or stuffed should be thawed.

(over)

STORING, THAWING, AND COOKING FISH—Continued

DIRECTIONS FOR COOKING

1. Cook only until fish flake easily when tested with a fork. *Do not over-cook.*

Use temperature and cooking time on the recipes or the timetable below as a guide for cooking fish.

2. Serve soon after it is cooked.

AMOUNT TO BUY AND TIMETABLE

Forms of fish	Amount to buy	BAKING		OVEN-FRYING	
		Oven temperature	Cooking time	Oven temperature	Cooking time
Filletts	<i>Pounds</i> 7.35	350° F	<i>Minutes</i> 30-40	500° F	<i>Minutes</i> 15-20
Steaks	8.10	350° F	30-40	500° F	15-20
Portions (3 oz each)					
Raw breaded (75% fish)	9.40 ¹	350° F	30-40	500° F	15-20
Fried breaded (65% fish)	9.40 ¹	400° F	15-20	---	---
Unbreaded	9.40 ¹	350° F	30-40	500° F	15-20
Sticks (1 oz each)					
Raw breaded (72% fish)	9.40 ²	350° F	30-40	500° F	15-20
Fried breaded (60% fish)	9.40 ²	400° F	15-20	---	---

¹ 2 ounces cooked fish.

² 3 sticks for each serving.

THAWING FROZEN MEAT AND READY-TO-COOK POULTRY

Main Dishes D-8

Meat and poultry must be properly handled during thawing, preparation, cooking, cooling, and serving to avoid spoilage or serious food poisoning.

Frozen meat and poultry must be kept hard frozen at 0° F or below until it is removed from storage for thawing and cooking.

DIRECTIONS FOR THAWING

1. Remove from freezer storage only the amount of meat or poultry needed for 1 day's use.

Do not thaw at room temperature or in warm water.

2. Remove from carton and thaw in original wrapper in refrigerator (35° to 40° F). If not individually wrapped, cover loosely or wrap. Place blocks or packages of meat or poultry on trays for easy handling and space on shelves so that air can circulate around them.

3. Thaw meat cuts or poultry overnight (16 to 24 hours), except for turkeys weighing 18 pounds or over, allow 2 to 3 days.

4. Do not refreeze thawed meat or poultry. As soon as poultry is pliable enough to remove giblets from cavity, clean carefully as directed on back of card.

(over)

CLEANING READY-TO-COOK POULTRY

1. Remove neck and giblets, which are usually packed in neck and body cavities.
 2. Rinse neck and giblets in cold running water. Drain.
 3. If necessary, clean poultry, removing any parts of lung, windpipe, or pinfeathers that may be present.
 4. Rinse poultry, inside and out, in cold running water. Drain.
 5. Cook poultry and giblets promptly (see note). Or cover loosely with waxed paper and refrigerate at 35° to 40° F.
 6. *Table surfaces and equipment used to prepare poultry should be thoroughly and completely cleaned and sanitized before being used to handle cooked foods.*
- Do not hold thawed poultry for longer than 24 hours before cooking.*

NOTE: The giblets may be simmered with neck and wing tips for making broth or gravy stock. The cooked meat from these parts may be cut up and added to gravy or stuffing.

BAKED SCRAMBLED EGGS

Main Dishes D-9

Ingredients	50 servings	For ____ servings	Directions
Eggs-----	25 large-----	-----	1. Beat eggs slightly.
Salt-----	1-1/2 teaspoons-----	-----	2. Add salt and milk. Mix.
Hot milk-----	2 cups-----	-----	
Butter or margarine-----	1/4 cup-----	-----	3. Melt fat in a baking pan (about 12 by 20 by 2 inches). Add egg mixture.
			4. Bake at 350° F (moderate oven) 12 minutes; stir mixture twice after eggs have started to "set."

SERVING: About 2 tablespoons.
COST PER SERVING _____

VARIATIONS

a. **BAKED SCRAMBLED EGGS AND BACON:** Arrange 8 ounces of bacon slices in a single layer in a shallow baking pan. Bake at 400° F (hot oven) 8 minutes until done. Drain immediately. Proceed with steps 1, 2, and 3. Crumble cooked bacon or use 1/4 cup bacon-flavored protein bits. Add to the egg mixture in pan. Bake as directed in step 4. Serving is same as for basic recipe.

*b. **BAKED SCRAMBLED EGGS AND HAM:** Use 22 large eggs. Sprinkle 2 cups of ground, cooked ham on top of the egg mixture in the pan. One serving provides the equivalent of 1 ounce cooked lean meat.

* See Buying Guide on back of card.

(over)

BAKED SCRAMBLED EGGS—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation b Cured ham, without bone	10 ounces	

BEEF OR LAMB STEW

Main Dishes D-10

Ingredients	50 servings	For ____ servings	Directions
Boneless stew meat, beef or lamb, cubed. Garlic, minced Water Salt	7 pounds 4 ounces. 1 clove 3-1/2 quarts 2 tablespoons		1. Brown meat and garlic. 2. Add water and salt and simmer, covered, 1 hour until meat is almost tender.
*Onions, cut up *Potatoes, diced *Celery, 1/2-inch pieces *Carrots, diced	1 cup 1-1/2 quarts 1 quart 1-1/2 quarts		3. Add onions and potatoes. Return to simmer and cook 5 minutes. 4. Add celery and carrots. Return to simmer and cook 15 minutes longer until all vegetables are done.
All-purpose flour Pepper Water	2 cups 1/2 teaspoon 3 cups		5. Mix flour and pepper and gradually stir in water. Add to meat mixture, and cook, stirring constantly, until thickened.

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked lean meat and 1/4 cup vegetable.
COST PER SERVING

* See Buying Guide on back of card.

(over)

BEEF OR LAMB STEW—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions ----- Potatoes ----- Celery ----- Carrots, without tops -----	5-1/2 ounces ----- 2 pounds 7 ounces ----- 1 pound 7 ounces ----- 2 pounds 6 ounces -----	----- ----- ----- -----

BEEF PATTIES

Main Dishes D-11

Ingredients	50 servings	For ____ servings	Directions
Dry bread crumbs-----	2 cups-----	-----	1. Combine all ingredients except meat in mixer.
Water-----	2-1/2 cups-----	-----	
Eggs-----	2 large-----	-----	
*Onions, chopped-----	1 cup-----	-----	
Worcestershire sauce-----	3 tablespoons-----	-----	
Salt-----	2 tablespoons-----	-----	
Ground beef-----	6 pounds 6 ounces.	-----	2. Add meat. Beat 1 minute on medium speed. Portion with No. 16 scoop (1/4 cup) onto sheet pans. Flatten each portion gently into a patty.
			3. Cover pans and bake 30 minutes at 400° F (hot oven). Uncover and continue baking 15 minutes until brown.

SERVING: 1 patty—provides the equivalent of 1-1/2 ounces cooked lean meat.
 COST PER SERVING _____

VARIATIONS

- LAMB PATTIES: Use 7 pounds ground lamb in place of ground beef. Serving is same as for basic recipe.
 - PORK PATTIES: Use 7 pounds ground pork in place of ground beef. Serving is same as for basic recipe.
 - VEAL PATTIES: Use 6 pounds 12 ounces ground veal in place of ground beef. Serving is same as for basic recipe.
- * See Buying Guide on back of card.

(over)

BEEF PATTIES—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions-----	7 ounces-----	

CHICKEN AND NOODLES

Main Dishes D-12

Ingredients	50 servings	For ____ servings	Directions
Ready-to-cook chicken..... Salt..... Water.....	13 pounds..... 3 tablespoons..... 1-1/4 gallons.....	1. Cook chicken in salted water until tender. Cool and remove chicken from bones (card D-6). Reserve broth. 2. Cut meat into bite-size pieces.
Chicken broth and water..... Noodles.....	1-1/4 gallons..... 3 quarts.....	3. Heat broth. Stir noodles slowly into boiling broth. Boil 10 minutes.
All-purpose flour.....	3/4 cup.....	4. Remove about 1 cup broth and let cool. Add gradually to flour, stirring into a smooth paste. Stir paste into noodles and cook until thickened. 5. Add chicken. Heat thoroughly.

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked lean meat.
COST PER SERVING _____



CHICKEN OR TURKEY CHOP SUEY

Main Dishes D-13

Ingredients	50 servings	For ____ servings	Directions
*Cooked chicken or turkey, diced. Chicken or turkey broth, bean sprout liquid, or water. *Celery, cut in 1-inch strips. *Onions, sliced Salt Pepper Sugar	1 gallon 2 quarts 1-3/4 quarts 1 quart 1 tablespoon 1/2 teaspoon 1/3 cup		1. Combine chicken or turkey, liquids, celery, onions, salt, pepper, and sugar. 2. Heat to simmering.
Cornstarch Cold water	1 cup 1 cup		3. Blend cornstarch with water and stir into mixture. Simmer 20 min- utes, stirring frequently.
Soy sauce *Bean sprouts <i>or</i> *Cabbage, shredded	1 cup 1 quart <i>or</i> 2-1/2 quarts		4. Add soy sauce. Add bean sprouts and heat. Or add cabbage and sim- mer 10 minutes. 5. Serve over Chinese noodles or rice.

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked chicken or turkey meat and 1/4 cup vegetable.
COST PER SERVING

* See Buying Guide on back of card.

(over)

CHICKEN OR TURKEY CHOP SUEY—Continued

VARIATION

- a. **PORK CHOP SUEY:** In place of cooked chicken or turkey, use 7 pounds 8 ounces boneless fresh pork shoulder cut into 2-inch strips, and in place of chicken or turkey broth, use 2-1/2 quarts bean sprout liquid and water. Brown the pork. Add the liquid and simmer 40 minutes. Add celery, onions, salt, pepper, and sugar. Proceed with step 2. Increase cornstarch to 1-1/4 cups. One serving provides 1-1/2 ounces cooked lean meat.

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook chicken or	13 pounds	
Ready-to-cook turkey	or	
Celery	10 pounds 9 ounces	
Mature onions	2 pounds 8 ounces	
Canned bean sprouts	1 pound 12 ounces	
or	2 pounds 7 ounces	
Cabbage	or	
	2 pounds	

CREAMED CHICKEN OR TURKEY

Main Dishes D-14

Ingredients	50 servings	For ____ servings	Directions
Butter or margarine.....	3/4 cup.....		1. Melt fat; blend in flour and salt. Stir in milk. Cook, stirring constantly, until thickened.
All-purpose flour.....	1-1/3 cups.....		
Salt.....	1-1/3 table- spoons.....		
Milk.....	3 quarts.....		
*Cooked chicken or turkey, diced.	1 gallon.....		2. Add chicken or turkey; heat. 3. Serve over noodles, rice, or toast.

SERVING: 1/3 cup—provides 1-1/2 ounces cooked chicken or turkey meat.
COST PER SERVING_____

* See Buying Guide on back of card.

(over)

CREAMED CHICKEN OR TURKEY—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook chicken	13 pounds	
<i>or</i>	<i>or</i>	
Ready-to-cook turkey	10 pounds 9 ounces	

DEVILED EGGS

Main Dishes D-15

Ingredients	50 servings	For ____ servings	Directions
Hard-cooked eggs (card D-2).	50 large		1. Cut eggs in half lengthwise. Remove and mash yolks.
Salt	1 tablespoon		2. Add remaining ingredients to mashed yolks. Mix until well blended.
Dry mustard	1-1/3 cups		3. Fill each half egg with about 1 tablespoon of yolk mixture. Sprinkle with paprika.
Sweet pickle relish	1-1/2 cups		
Cooked salad dressing	1/8 teaspoon		
Paprika (if desired)			

SERVING: 2 egg halves—provide 1 egg.
COST PER SERVING _____



FISH CAKES

Main Dishes D-16

Ingredients	50 servings	For ____ servings	Directions
*Canned mackerel, drained	1 quart 3-1/4 cups.		1. Flake fish.
<i>or</i> *Canned salmon, drained and boned.	1 quart 3-1/2 cups. <i>or</i> 1 quart 3-1/2 cups.		
*Canned tuna, drained	1 quart 3-1/2 cups.		
*Onions, chopped	1 cup		2. Cook onions in fat until onions are clear, but not brown.
Oil or fat, melted	1/2 cup		
Eggs	4 large		3. Beat eggs.
*Mashed potatoes	1-1/2 quarts		4. Combine eggs, potatoes, catsup, salt, onion mixture, and fish. Chill.
Catsup	1/4 cup		5. Portion mixture with a No. 16 scoop (1/4 cup) and shape into 50 cakes.
Salt	2-1/4 teaspoons		
Dry bread crumbs, toasted	1-1/3 cups		6. Roll a few cakes at a time in crumbs.
			7. Place in a single layer on greased sheet pans.
Oil or fat, melted	1/2 cup		8. Sprinkle fat over cakes.
			9. Bake at 500° F (extremely hot oven) 20 to 25 minutes until brown.

SERVING: 1 cake—provides the equivalent of 1 ounce cooked lean meat and 1/8 cup vegetable.
 COST PER SERVING _____

* See Buying Guide on back of card.

(over)

FISH CAKES—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Canned mackerel	3-3/4 cans (15 ounces each)	
<i>or</i>		
Canned salmon	3-1/2 cans (16 ounces each)	
<i>or</i>		
Canned tuna	7-1/2 cans (6-1/2 to 7 ounces each).	
Mature onions	6-3/4 ounces	
Potatoes	3 pounds 10 ounces	

GROUND BEEF AND SPAGHETTI

Main Dishes D-17

Ingredients	50 servings	For ____ servings	Directions
*Spaghetti	1 quart 3-1/2 cups.		1. Cook spaghetti (card B-2 through step 3). Drain.
Boiling water	1-1/2 gallons		
Salt	2 teaspoons		
Ground beef	5 pounds 8 ounces.		2. Brown beef lightly. Add onions and cook until onions are clear but not brown. Drain.
*Onions, chopped	3 cups		
*Cheese, shredded	3 cups		3. Blend cheese with meat mixture. Add remaining ingredients.
*Tomato paste	3 cups		4. Stir in spaghetti.
*Tomato puree	2 cups		5. Reheat and serve.
Salt	3 tablespoons		
Sugar	2 teaspoons		

SERVING: 1/2 cup—provides the equivalent of 1-1/2 ounces cooked lean meat and 1/8 cup vegetable.
 COST PER SERVING

* See Buying Guide on back of card.

(over)

GROUND BEEF AND SPAGHETTI—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Spaghetti.....	1 pound 8 ounces.....	-----
Mature onions.....	1 pound 4 ounces.....	-----
Cheese.....	12 ounces.....	-----
Canned tomato paste.....	1 pound 12 ounces.....	-----
Canned tomato puree.....	1 pound 2 ounces.....	-----

LASAGNA

Main Dishes D-18

Ingredients	50 servings	For ____ servings	Directions
*Onions, chopped Oil or fat, melted	1 cup 3 tablespoons		1. Cook onions in fat until onions are clear, but not brown.
*Tomato paste *Tomato puree Water Sugar Salt Worcestershire sauce Garlic powder	2 cups 1 quart 2 quarts 2 tablespoons 3 tablespoons 1 teaspoon 1 teaspoon		2. Combine onions, paste, puree, water, sugar, and seasonings. Let stand covered in refrigerator 24 hours.
Ground beef <i>or</i> Ground pork Salt Pepper	4 pounds 5 ounces. <i>or</i> 5 pounds 10 ounces. 1 tablespoon 1/4 teaspoon		3. Season meat with salt and pepper. Brown meat lightly. Drain.
*Cheese, diced *Uncooked lasagna noodles.	1-1/2 quarts 24 noodles		4. Heat sauce to boiling. Remove from heat and add meat and cheese. 5. Pour about 1 quart of meat-cheese sauce into a greased baking pan (about 12 by 20 by 2 inches).

* See Buying Guide on back of card.

(over)

LASAGNA—Continued

Ingredients	50 servings	For ____ servings	Directions
			<p>6. Cover with a layer of 8 noodles. For the next 2 layers, use 2 quarts meat-cheese sauce with 8 noodles. Pour 1 quart sauce over top.</p> <p>7. Cover pans tightly with lid or foil and bake 1 hour at 350° F (moderate oven).</p> <p>8. Let stand 15 to 30 minutes before cutting for easier serving.</p>

SERVING: 1 piece, about 2 by 2 inches—provides the equivalent of 1-1/2 ounces cooked lean meat and 1/8 cup vegetable.

COST PER SERVING _____

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions-----	7 ounces-----	-----
Canned tomato paste-----	1 pound 2-1/2 ounces-----	-----
Canned tomato puree-----	2 pounds 3-1/2 ounces-----	-----
Cheese-----	1 pound 8 ounces-----	-----
Lasagna noodles-----	1 pound 8 ounces-----	-----

MACARONI AND CHEESE WITH HAM

Main Dishes D-19

Ingredients	50 servings	For ____ servings	Directions
*Macaroni _____ Boiling water _____ Salt _____	3-1/2 cups _____ 1 gallon _____ 2 teaspoons _____	_____	1. Cook macaroni 8 minutes (card B-2 through step 3). Drain.
Butter or margarine _____ All-purpose flour _____ Salt _____ Hot milk _____	3 tablespoons _____ 1/3 cup _____ 1 tablespoon _____ 2 quarts _____	_____	2. Melt fat; blend in flour and salt. Stir in milk. Cook and stir constantly until thickened.
Dry mustard _____ *Cheese, shredded _____ *Cooked ham, diced _____	2 teaspoons _____ 2-1/2 quarts _____ 2 quarts _____	_____	3. Add mustard and cheese to sauce; stir until blended. Mix in ham. 4. Combine macaroni with sauce. 5. Pour into a greased baking pan (about 12 by 20 by 2 inches). 6. Bake at 350° F (moderate oven) 45 minutes until brown.

SERVING: 1/3 cup—provides the equivalent of 1-1/2 ounces cooked lean meat.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

MACARONI AND CHEESE WITH HAM—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Macaroni, elbow	1 pound	
Cheese	2 pounds 8 ounces	
Cured ham, without bone	3 pounds 6 ounces	

MEAT LOAF

Main Dishes D-20

Ingredients	50 servings	For ____ servings	Directions
Bread slices (3/8 inch thick). Milk	13 slices 2-1/2 cups		1. Beat bread and milk 2 minutes in mixer on low speed or soak bread in milk.
*Onions, chopped *Celery, chopped Ground beef Salt Worcestershire sauce Parsley, chopped (if desired). Eggs	3/4 cup 1 cup 6 pounds 1 tablespoon 2 tablespoons 2 tablespoons 6 large		2. Add remaining ingredients and mix 3 minutes on low speed. 3. Place meat mixture in a greased baking pan (about 12 by 20 by 2 inches). Shape mixture into 2 equal lengthwise loaves. 4. Bake 1 hour 10 minutes at 375° F (moderate oven). Drain.

SERVING: 1 slice, about 3/4 inch thick—provides the equivalent of 1-1/2 ounces cooked lean meat.
COST PER SERVING _____

VARIATIONS

- a. BEEF-PORK LOAF: Use only 3 pounds 8 ounces ground beef and add 3 pounds ground pork. Serving is same as for basic recipe.
- *b. CHEESE-MEAT LOAF: Use only 4 pounds 6 ounces ground beef and add 1-1/4 quarts shredded cheese. Serving is same as for basic recipe.
- c. MEAT BALLS: In place of steps 3 and 4, portion with a No. 16 scoop (1/4 cup) onto greased baking sheets. Bake at 375° F (moderate oven) 35 minutes. One serving (one meat ball) provides the equivalent of 1-1/2 ounces cooked lean meat.

* See Buying Guide on back of card. (over)

MEAT LOAF—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe		
Mature onions	5 ounces	
Celery	6 ounces	
Variation b		
Cheese	1 pound 4 ounces	

OVEN-COOKED CHICKEN

Main Dishes D-21

Ingredients	50 servings	For ____ servings	Directions
Ready-to-cook frying chicken *Market style Breast halves with ribs <i>or</i> Drumsticks <i>or</i> Thighs <i>or</i> Wings	25 pieces <i>or</i> 54 pieces <i>or</i> 50 pieces <i>or</i> 100 pieces		<ol style="list-style-type: none"> 1. Thaw frozen chicken (card D-8). Wash and dry pieces of chicken and arrange them in single layers on greased sheet pans. 2. Bake at 400° F (hot oven) until golden brown and crisp; about 1 hour for breasts, 50 minutes for drumsticks and thighs, and 35 minutes for wings. 3. After baking remove bones from breasts, drumsticks, and thighs with backs.
*Special purchase, style II Breast halves with backs <i>or</i> Drumsticks <i>or</i> Thighs with backs <i>or</i> Wings	25 pieces <i>or</i> 54 pieces <i>or</i> 26 pieces <i>or</i> 100 pieces		

SERVING: 1/4 breast, about 1 drumstick, 1 thigh, 2 wings, or about 1/2 thigh with back—provides 1-1/2 ounces cooked chicken meat.

COST PER SERVING _____

* See Buying Guide on back of card.

OVEN-COOKED CHICKEN—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook frying chicken Market style		
Breast halves with ribs (about 6.4 ounces each).	10 pounds -----	-----
Drumsticks (about 3.3 ounces each).	11 pounds 4 ounces -----	-----
Thighs (about 3.7 ounces each)	11 pounds 10 ounces -----	-----
Wings (about 3.0 ounces each) -	18 pounds 12 ounces -----	-----
Special purchase, style II Breast halves with backs (about 6.9 ounces each).	10 pounds 14 ounces -----	-----
Drumsticks (about 3.3 ounces each).	11 pounds 4 ounces -----	-----
Thighs with backs (about 7.3 ounces each).	11 pounds 14 ounces -----	-----
Wings (about 3.0 ounces each) -	18 pounds 12 ounces -----	-----

OVEN-FRIED FILLETS

Main Dishes D-22

Ingredients	50 servings	For ____ servings	Directions
Cod, flounder, or ocean perch fillets.	7 pounds 8 ounces.	-----	1. Thaw frozen fillets (card D-7). Divide into 50 servings (about 2-1/2 ounces each).
Salt----- Milk----- Dry bread crumbs, toasted	1-3/4 teaspoons 1-1/2 cups 3-1/2 cups	----- ----- -----	2. Add salt to milk. Dip fish in milk, then roll in crumbs, using a small amount at a time. Place in a single layer skin side down on a greased sheet pan.
Oil or fat, melted-----	3/4 cup-----	-----	3. Sprinkle fat over fish. 4. Bake at 500° F (extremely hot oven) 15 to 20 minutes until fish flake easily when tested with a fork.

SERVING: 1 serving—provides 1-1/2 ounces cooked fish.

COST PER SERVING_____



OVEN-FRIED LIVER

Main Dishes D-23

Ingredients	50 servings	For ____ servings	Directions
Beef liver -----	6 pounds 14 ounces.	-----	1. Remove skin from liver. Cut into bite-size pieces.
All-purpose flour -----	2/3 cup -----	-----	2. Mix dry ingredients. Dip liver into dry mixture.
Salt -----	2 tablespoons -----	-----	
Nonfat dry milk -----	1-1/4 cups ▲ -----	-----	
Fine dry bread crumbs -----	3-1/2 cups -----	-----	
Pepper -----	2 teaspoons -----	-----	
Oil -----	3/4 cup -----	-----	3. Place on greased sheet pans. 4. Pour oil over liver and bake 25 minutes at 400° F (hot oven).

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked lean meat.
COST PER SERVING _____

▲ Non-instant nonfat dry milk or use 2-1/4 cups instant nonfat dry milk.



PIGS IN BLANKETS

Main Dishes D-24

Ingredients	50 servings	For ____ servings	Directions
Frankfurters (8 per pound)	25 (3 pounds 2 ounces).	-----	1. Stack frankfurters on a cutting board and cut cross-wise into 50 halves.
Bread (see note)-----	25 slices-----	-----	2. Cut bread in half diagonally.
			3. Wrap each frankfurter piece with a half slice of bread and fasten with a toothpick.
			4. Bake at 400° F (hot oven) for 12 minutes until brown.
			5. Remove toothpicks before serving.

SERVING: 1 pig in blanket—provides 1 ounce cooked lean meat and a serving of bread.
 COST PER SERVING_____

NOTE: Fresh bread should be used.



PIZZA

Main Dishes D-25

Ingredients	50 servings	For ____ servings	Directions
Active dry yeast-----	2 packages (about 1-3/4 tablespoons).	-----	<ol style="list-style-type: none"> 1. Prepare yeast dough (card B-7 through step 4). 2. Cut dough into 3 equal pieces. Place a piece in each of 3 sheet pans (13 by 18 by 1 inch). Roll dough thin to line pans.
<i>or</i> Compressed yeast-----	2-1/2 cakes <i>or</i> (about 3-1/3 tablespoons).	-----	
Warm water-----	3/4 cup-----	-----	
All-purpose flour-----	1-1/2 quarts-----	-----	
Nonfat dry milk-----	1/4 cup [▲] -----	-----	
Sugar-----	2 teaspoons-----	-----	
Salt-----	2 teaspoons-----	-----	
Shortening-----	1/3 cup-----	-----	
Water-----	1 cup-----	-----	
Ground pork-----	4 pounds-----	-----	
<i>or</i> Ground beef-----	3 pounds 4 ounces.	-----	<ol style="list-style-type: none"> 3. Spread meat in baking pans. Brown 25 minutes at 400° F (hot oven). Drain.
*Tomato paste-----	3 cups-----	-----	<ol style="list-style-type: none"> 4. Mix tomato paste, seasonings, and sugar; add to cooked meat. Mix well. 5. Place warm filling, about 2-3/4 cups per pan, on dough. 6. Bake at 425° F (hot oven) about 10 minutes.
Oregano-----	1 teaspoon-----	-----	
Garlic powder-----	1/4 teaspoon-----	-----	
Sugar-----	2 tablespoons-----	-----	
*Cheese, shredded-----	2-1/2 quarts-----	-----	

* See Buying Guide on back of card.

▲ Non-instant nonfat dry milk or use 1/2 cup instant nonfat dry milk.

(over)

PIZZA—Continued

Ingredients	50 servings	For ____ servings	Directions
			7. Top with shredded cheese, 3-1/2 cups per pan, and bake about 5 minutes longer.

SERVING: 1 piece, about 3 by 4 inches—provides the equivalent of 1-1/2 ounces cooked lean meat and a serving of bread.
COST PER SERVING _____

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Canned tomato paste----- Cheese-----	1 pound 13 ounces----- 2 pounds 8 ounces-----	----- ----- -----

SALMON-RICE LOAF

Main Dishes D-26

Ingredients	50 servings	For ____ servings	Directions
*Canned salmon, drained and boned.	2 quarts 1-1/2 cups.		1. Flake salmon.
Eggs-----	15 large		2. Beat eggs.
*Cooked rice-----	1 quart 1/2 cup		3. Combine all ingredients.
Milk-----	3 cups		4. Pour into a greased baking pan (about 10 x 12 x 4 inches).
Soft bread crumbs-----	2-3/4 cups		5. Bake at 350° F (moderate oven) about 50 minutes until loaf is firm in the center.
*Green peppers, chopped-----	1/4 cup		
*Lemon juice-----	3 tablespoons		
*Parsley, chopped-----	3 tablespoons		
Baking powder-----	1 tablespoon		
Salt-----	1 tablespoon		

SERVING: 1 piece, 1 x 2 inches—provides the equivalent of 1-1/2 ounces cooked lean meat.
COST PER SERVING _____

VARIATIONS

*a. MACKEREL-RICE LOAF: Use 2 quarts 1/2 cup drained mackerel in place of salmon. Serving is same as for basic recipe.

*b. TUNA-RICE LOAF: Use 2-1/4 quarts drained tuna in place of salmon. Serving is same as for basic recipe.

* See Buying Guide on back of card.

(over)

SALMON-RICE LOAF—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe		
Canned salmon	4-1/4 cans (16 ounces each)	
Rice	8-1/2 ounces (1-1/4 cups)	
Green pepper	2 ounces	
Lemon	4 ounces (1 medium, size 150)	
Parsley	3/4 ounce	
Variation a		
Canned mackerel	4-1/2 cans (15 ounces each)	
Variation b		
Canned tuna	10 cans (6-1/2 or 7 ounces each)	

SPANISH RICE AND GROUND BEEF

Main Dishes D-27

Ingredients	50 servings	For ____ servings	Directions
Uncooked rice (see note) ----- Salt ----- Boiling water -----	3-1/2 cups ----- 1-1/2 teaspoons ----- 1-1/2 quarts -----	----- ----- -----	1. Cook rice (card B-3, reducing cooking time by one-third).
Ground beef ----- *Onions, chopped ----- *Green peppers, chopped ----- *Celery, chopped -----	6 pounds 9 ounces. ----- 1-1/2 cups ----- 1-1/2 cups ----- 1 cup -----	----- ----- ----- -----	2. Brown beef lightly; add vegetables. Cook until onions are clear, but not brown. Drain off excess fat.
*Canned tomatoes ----- *Tomato puree ----- Salt ----- Sugar ----- Worcestershire sauce ----- Chili powder -----	2-1/4 quarts ----- 1-1/2 cups ----- 2 tablespoons ----- 2 tablespoons ----- 1 teaspoon ----- 1-1/3 table- spoons. -----	----- ----- ----- ----- ----- ----- -----	3. Add rice and remaining ingredients to beef mixture. Simmer 30 minutes, stirring occasionally, until flavors are blended. 4. Serve with a No. 8 scoop (1/2 cup).

SERVING: 1/2 cup—provides 1-1/2 ounces cooked lean meat and 1/4 cup vegetable.

COST PER SERVING _____

NOTE: Do not wash enriched rice.

* See Buying Guide on back of card.

(over)

SPANISH RICE AND GROUND BEEF—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions.....	10 ounces.....	-----
Green peppers.....	10 ounces.....	-----
Celery.....	6 ounces.....	-----
Canned tomatoes.....	4 pounds 13 ounces.....	-----
Canned tomato puree.....	14 ounces.....	-----

SWISS STEAK CUBES

Main Dishes D-28

Ingredients	50 servings	For ____ servings	Directions
Round steak, boneless-----	6 pounds 8 ounces.	-----	1. Cut steak into bite-size pieces. Coat meat with mixture of flour and salt.
All-purpose flour-----	1-1/4 cups-----	-----	
Salt-----	1-1/3 table- spoons.	-----	
Oil or fat, melted-----	1/3 cup-----	-----	2. Place fat in baking pan, about 12 by 20 by 2 inches. Brown meat in fat in oven at 400° F (hot oven) about 25 minutes. Pour water over meat.
Water-----	1 quart-----	-----	
*Onions, chopped-----	2 cups-----	-----	3. Top meat with onions. 4. Cover and bake 1-1/4 hours at 350° F (moderate oven). Remove cover and bake 15 minutes longer until brown.

SERVING: About 1/4 cup meat and gravy—provides 1-1/2 ounces cooked lean meat.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

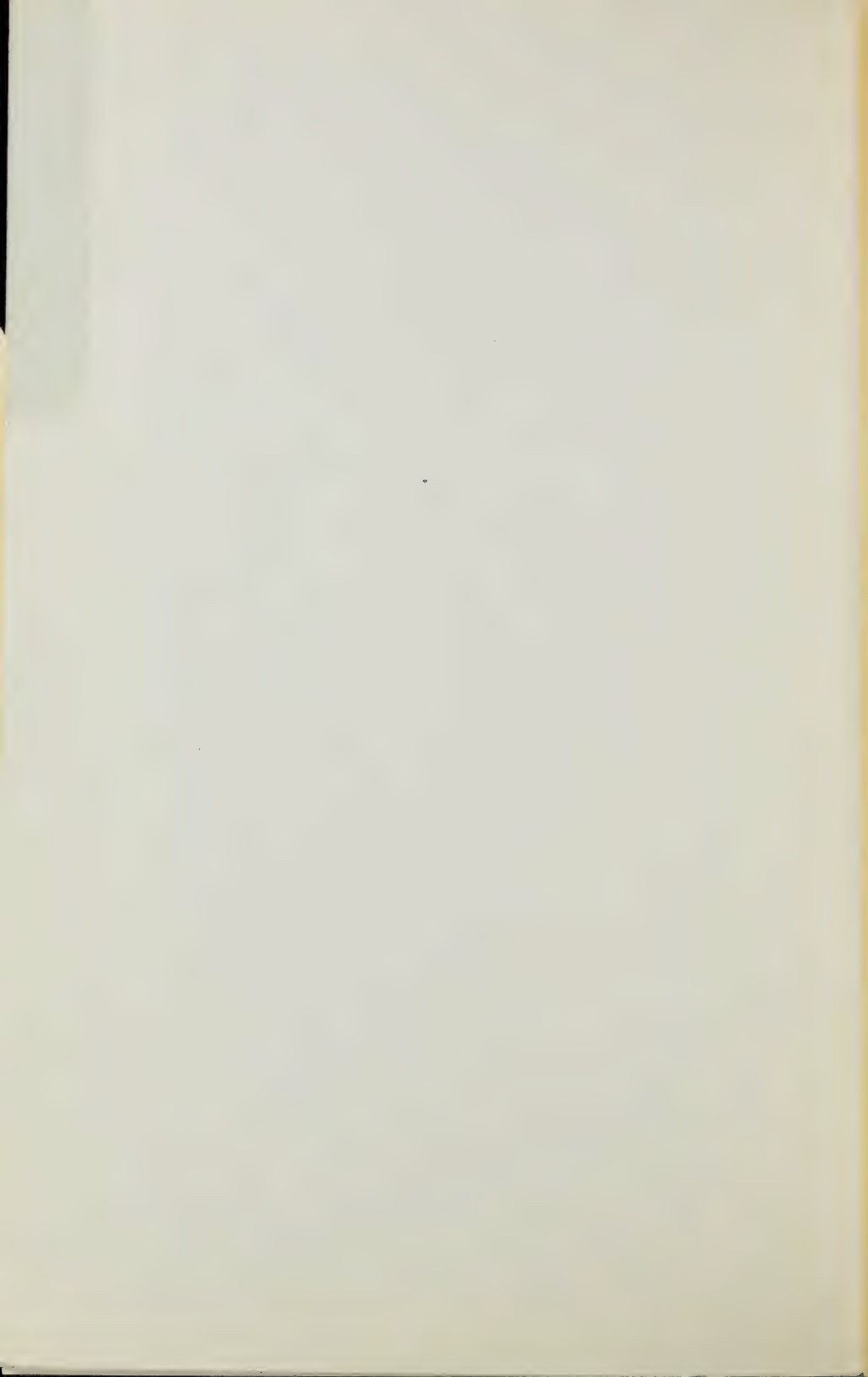
SWISS STEAK CUBES—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions, 2-1/2 inches diameter.	About 3-1/2 whole or 14 ounces.	-----

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CARROT-RAISIN SALAD

Salads E-1

Ingredients	50 servings	For ____ servings	Directions
*Carrots, shredded _____ *Raisins _____ Salt _____ Mayonnaise _____	3 quarts _____ 1-1/4 quarts _____ 1 teaspoon _____ 2-1/2 cups _____	_____ _____ _____ _____	1. Combine all ingredients. Chill. 2. Portion with No. 16 scoop (1/4 cup) onto salad greens. NOTE: If raisins are dry, plump them in hot water.

SERVING: 1/4 cup—provides 1/4 cup vegetable and fruit.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

CARROT-RAISIN SALAD—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Carrots, without tops----- Raisins-----	3 pounds 9 ounces----- 1 pound 10 ounces-----	----- ----- -----

EGG SALAD

Salads E-2

Ingredients	50 servings	For ____ servings	Directions
Hard-cooked eggs, chopped (see card D-2).	50 large-----	-----	1. Combine all ingredients. Chill. 2. Portion with No. 12 scoop (1/3 cup) onto salad greens.
*Celery, chopped-----	1-1/2 quarts-----	-----	
*Onions, chopped-----	1/2 cup-----	-----	
Sweet pickle relish, undrained.	2 cups-----	-----	
Mayonnaise-----	2 cups-----	-----	
Salt-----	1 tablespoon-----	-----	
Prepared mustard-----	1/4 cup-----	-----	
Pepper-----	1-1/2 tea- spoons.	-----	

SERVING: 1/3 cup—provides 1 egg and 1/8 cup vegetable.

COST PER SERVING _____

VARIATION

a. CHICKEN OR TURKEY SALAD: Use only 11 chopped hard-cooked eggs and add 3 quarts diced, cooked chicken or turkey. Omit prepared mustard and pepper. A serving, 1/3 cup, provides the equivalent of 1-1/2 ounces cooked lean meat and 1/8 cup vegetable.

b. TUNA SALAD: Use only 11 chopped hard-cooked eggs and add 2-1/2 quarts drained, flaked canned tuna. Omit salt, prepared mustard, and pepper. A serving, 1/3 cup, provides the equivalent of 1-1/2 ounces cooked lean meat and 1/8 cup vegetable.

* See Buying Guide on back of card.

(over)

EGG SALAD—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe Celery----- Mature onions----- Variation a----- Ready-to-cook chicken----- or-----	2 pounds 2 ounces----- 3-1/2 pounds (1 medium)----- 9 pounds 12 ounces----- or----- 7 pounds 14 ounces----- 10 cans (6-1/2 or 7 ounces each)-----	----- ----- ----- ----- ----- -----
Variation b Ready-to-cook turkey----- Canned tuna-----	----- ----- -----	----- ----- -----

JELLIED FRUIT-COTTAGE CHEESE SALAD

Salads E-3

Ingredients	50 servings	For ____ servings	Directions
*Flavored gelatin-----	1-3/4 cups-----	-----	1. Dissolve gelatin in hot water. Add fruit juice. Chill until mixture begins to thicken.
Hot water-----	3 cups-----	-----	
Fruit juice-----	1 quart-----	-----	
*Cottage cheese-----	3-1/3 cups-----	-----	2. Stir in cottage cheese and fruits.
*Pears, drained, diced-----	1-1/2 quarts-----	-----	3. Pour into a baking pan (about 12 by 20 by 2 inches). Chill until set.
*Crushed pineapple, drained.	3 cups-----	-----	4. Cut and serve on salad greens.

SERVING: 1 piece, about 2 by 2 inches—provides 1/2 ounce cheese and 1/4 cup fruit.

COST PER SERVING_____

* See Buying Guide on back of card.

(over)

JELLIED FRUIT-COTTAGE CHEESE SALAD—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Flavored gelatin	12 ounces	
Cottage cheese	1 pound 12 ounces	
Canned pears	5 pounds	
Canned crushed pineapple	2 pounds 2 ounces	

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INSTRUCTION CARD	<i>Card No.</i>	RECIPES—continued	<i>Card No.</i>
Sandwich making.....	F-1	Peanut butter—continued	
RECIPES		With cabbage.....	F-3
Chicken salad.....	F-2	With carrots and raisins.....	F-3
Cheese		With cheese.....	F-4
And peanut butter.....	F-4	With dried beef.....	F-3
Toasted.....	F-5	With oranges.....	F-3
Peanut butter		With pineapple.....	F-3
With apple.....	F-3	With prunes.....	F-3
With apricot.....	F-3	Turkey salad.....	F-2

of table. Arrange instruments in the order in which they are used.

(over)

SANDWICH MAKING

Sandwiches F-1

Sandwiches may be served hot or cold, closed or openfaced. Variation in the bread or rolls can provide variety in flavor, texture, size, and shape. Besides enriched white bread, use rye, pumpernickle, French, raisin, Italian, Boston brown, or cheese bread made with whole grain or enriched flour.

DIRECTIONS FOR MAKING SANDWICHES

Pre-preparation

1. Have all ingredients ready to use:
 - Soften butter or margarine by letting it stand at room temperature. Allow $2\frac{2}{3}$ cup butter or fortified margarine for 1 teaspoon on each of 25 whole sandwiches.
 - If lettuce is desired, wash thoroughly; core, separate leaves, drain, and crisp. Allow 1 medium head for 25 whole sandwiches.
 - Evenly slice foods such as tomatoes, cheese, and meats. Cross-stack sliced ingredients such as cheese and meat for quick and easy pickup.
2. Allow plenty of space to work. One slice of bread or a bun takes up at least 4 square inches.
3. Assemble all equipment and ingredients in advance and place within easy reach toward back of table. Arrange ingredients in the order to be used.

Hamburger, frankfurter, hard, and soft rolls also make good sandwich bases. Bread with a relatively firm texture makes good sandwiches for eating out-of-hand without bending or losing filling.

Assembling 25 whole sandwiches ($1\frac{1}{2}$ sandwich per serving)

1. Using both hands (gloved), grasp bread and drop off slices in 5 rows of 5 each.
2. With narrow spatula in right hand, spread butter or margarine to edges of bread with one sweeping motion. With left hand, scoop a portion of sandwich filling into center of each slice.
3. With right hand, use a stroke of the spatula away from you and a stroke toward you to spread filling evenly to edges of bread. With left hand, place lettuce on filling.
4. With both hands, grasp bread and drop off a slice over each filled slice matching edges of bread. Stack sandwiches. Hold sandwiches together with thumb and first finger of left hand. Cut through stacks at one time with a sawing motion.

(over)

SANDWICH MAKING—Continued

DIRECTIONS FOR MAKING SANDWICHES—Continued

5. Place sandwiches in sandwich bags or waxed paper or in pans with covers and refrigerate. For holding, stacks should be limited to 3 sandwiches so cold air of the refrigerator can penetrate the filling. Serve sandwiches the same day they are made.

FOOD HANDLING PRECAUTIONS

1. Make sandwiches the day they are to be served.
2. Make prepared fillings only in such quantities as will be used during one serving period. Avoid leftovers. Never hold over any perishable protein foods or fillings.
3. Handle bread and fillings as little as possible during preparation. Avoid the use of hands in direct contact with foods if tools or equipment can do the job efficiently. Consider disposable plastic gloves as necessary equipment.
4. Avoid stacking sandwiches for refrigeration more than three high as this insulates the filling and prevents it from reaching the desired temperature as quickly as it should.

SUGGESTED TOOLS AND EQUIPMENT

Cutting board
Knives
Mixing bowls
Disposable plastic gloves
Sandwich bags or waxed paper

Scoops or dippers
Spatula
Spoons
Storage pans
Trays

CHICKEN OR TURKEY SALAD SANDWICHES

Sandwiches F-2

Ingredients	50 servings	For ____ servings	Directions
*Cooked chicken or turkey, chopped. (see card D-2). Hard-cooked eggs, chopped. *Celery, chopped *Onions, chopped Sweet pickle relish, undrained. Mayonnaise Salt	2 quarts 1/2 cup. 8 large 1 quart 1/3 cup 1-1/3 cups 1-1/3 cups 2 teaspoons		1. Combine all ingredients. Chill.
Bread, enriched or whole grain.	50 slices		2. Portion chilled filling with a No. 8 scoop (1/2 cup) onto 25 slices of bread. Top with remaining slices. Stack sandwiches and cut in halves.

SERVING: 1/2 sandwich—provides the equivalent of 1 ounce cooked lean meat and a serving of bread.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

CHICKEN OR TURKEY SALAD SANDWICHES—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook chicken	7 pounds	
<i>or</i>	<i>or</i>	
Ready-to-cook turkey	5 pounds 10 ounces	
Celery	1 pound 6-1/2 ounces	
Mature onions	2-1/4 ounces	

PEANUT BUTTER SANDWICHES WITH FRUIT AND/OR VEGETABLE

Sandwiches F-3

Ingredients	50 servings	For ____ servings	Directions
Peanut butter----- Butter or fortified margarine.	3-1/4 cups----- 1/2 cup 1 table- spoon.	-----	1. Mix peanut butter with fat and fruit and/or vegetable.
*Apple, peeled, chopped----- <i>or</i>	3-1/4 cups----- <i>or</i>	-----	
*Apricots, drained, chopped <i>or</i>	3-1/4 cups----- <i>or</i>	-----	
*Cabbage, shredded----- <i>or</i>	3-1/4 cups----- <i>or</i>	-----	
*Oranges, peeled, chopped----- <i>or</i>	3-2/3 cups----- <i>or</i>	-----	
*Crushed pineapple, drained <i>or</i>	3-1/3 cups----- <i>or</i>	-----	
*Dried prunes, chopped----- <i>or</i>	3-1/2 cups----- <i>or</i>	-----	
*Carrots, shredded----- <i>and</i>	2 cups----- <i>and</i>	-----	
Raisins-----	2 cups-----	-----	

* See Buying Guide on back of card.

(over)

PEANUT BUTTER SANDWICHES WITH FRUIT AND/OR VEGETABLE—Continued

Ingredients	50 servings	For ___ servings	Directions
Bread enriched or whole grain.	50 slices		2. Using a No. 20 scoop or about 3 tablespoons for the cabbage and carrot-raisin fillings and a No. 16 scoop (1/4 cup) for the other fillings, portion filling onto 25 slices of bread. Top with remaining slices. Stack sandwiches and cut in half.

SERVING: 1/2 sandwich—provides 1 tablespoon peanut butter, 1 tablespoon fruit and/or vegetable, a serving of bread, and 1/2 teaspoon butter or fortified margarine.

COST PER SERVING

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ___-serving recipe
Apples	3-1/2 medium apples or 1 pound 2 ounces.	
<i>or</i>		
Canned apricot halves	2 pounds 15 ounces	
<i>or</i>		
Cabbage	2/3 small head or 10-1/2 ounces	
<i>or</i>		
Oranges	5 medium oranges or 2 pounds 5-1/2 ounces.	
<i>or</i>		
Canned crushed pineapple	2 pounds 6 ounces	
<i>or</i>		
Canned dried prunes, special purchase.	2 pounds 3-1/2 ounces	
<i>or</i>		
Carrots, without tops	9-1/2 ounces	

PEANUT BUTTER SANDWICHES WITH MEAT OR CHEESE

Sandwiches F-4

Ingredients	50 servings	For ____ servings	Directions
Peanut butter----- Butter or fortified margarine.	3-1/4 cups----- 1/2 cup 1 table- spoon.	----- ----- -----	1. Mix peanut butter, fat, and beef or cheese.
*Dried beef, chopped----- or-----	3-1/4 cups----- or----- 1 quart-----	----- ----- -----	
*Cheese, shredded-----			
Bread, enriched or whole grain.	50 slices-----	-----	2. Using a No. 16 scoop (1/4 cup), por- tion filling onto 25 slices of bread. Top with remaining slices. Stack sandwiches and cut in half.

SERVING: 1/2 sandwich—provides the equivalent of 1 ounce of cooked lean meat, a serving of bread,
and 1/2 teaspoon butter or fortified margarine.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

PEANUT BUTTER SANDWICHES WITH MEAT OR CHEESE—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Dried beef or Cheese	13 ounces or 1 pound	

TOASTED CHEESE SANDWICH

Sandwiches F-5

Ingredients	50 servings	For ____ servings	Directions
White bread, enriched or whole grain. Cheese----- Butter or fortified margarine, melted.	50 slices----- 25 slices, 2 ounces each. 1 cup-----	----- ----- -----	<ol style="list-style-type: none"> 1. Place cheese slices on 25 slices of bread; top with remaining bread. Stack sandwiches and cut in half lengthwise. 2. Spread one half the fat on the bottom of sheet pans. Place sandwiches on pans. 3. Brush tops of sandwiches with remaining fat. 4. Bake 10 minutes at 400° F (hot oven). Turn sandwiches and bake 5 minutes longer until brown. Serve immediately.

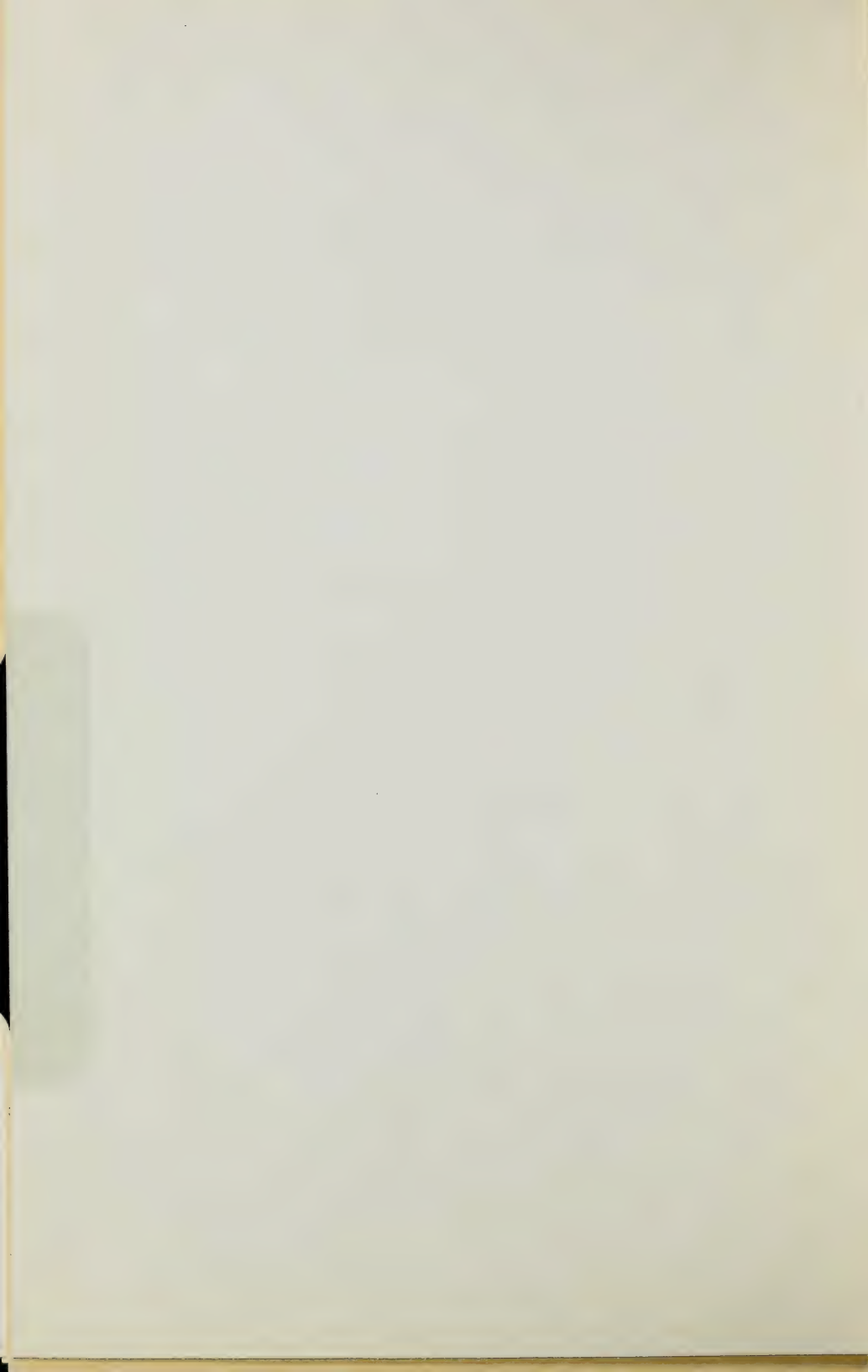
SERVING: 1/2 sandwich—provides 1 ounce cheese, a serving of bread, and 1/2 teaspoon of butter or fortified margarine

COST PER SERVING _____



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Chicken	G-1
Turkey	G-1
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Navy bean	G-3
Split pea	G-3
Turkey-vegetable	G-2



CHICKEN OR TURKEY CHOWDER

Soups G-1

Ingredients	50 servings	For ____ servings	Directions
*Onions, chopped Chicken or turkey fat, butter, or margarine.	2-1/2 cups 1/2 cup.		1. Cook onions in fat in saucepot until tender.
*Potatoes, cut up *Carrots, diced Chicken or turkey broth	2-1/2 quarts 2-1/2 cups 2 quarts		2. Add potatoes, carrots, and broth. Boil gently about 20 minutes until vegetables are tender.
Milk Salt	2 quarts 1-2/3 table- spoons.		3. Add milk, salt, and meat. Heat but do not boil.
*Cooked chicken or turkey, chopped.	1 quart 1-1/4 cups.		

SERVING: 1/2 cup—provides 1/2 ounce cooked chicken or turkey meat and 1/4 cup vegetable.
COST PER SERVING _____

* See Buying Guide on back of card.

(over)

CHICKEN OR TURKEY CHOWDER—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions-----	1 pound 1 ounce-----	-----
Potatoes-----	4 pounds 2 ounces-----	-----
Carrots, without tops-----	1 pound-----	-----
Ready-to-cook chicken-----	4 pounds 4 ounces-----	-----
<i>or</i>	<i>or</i>	-----
Ready-to-cook turkey-----	3 pounds 7-1/2 ounces-----	-----

CHICKEN- OR TURKEY-VEGETABLE SOUP

Soups G-2

Ingredients	50 servings	For ____ servings	Directions
*Canned tomatoes-----	2 quarts-----	-----	1. Simmer vegetables, salt and fat in liquid about 35 minutes.
*Cabbage, chopped-----	2 cups-----	-----	
*Carrots, sliced-----	1 cup-----	-----	
*Onions, chopped-----	1 cup-----	-----	
*Celery, chopped-----	1/2 cup-----	-----	
Salt-----	2 tablespoons-----	-----	
Butter or margarine-----	1/4 cup-----	-----	
Vegetable or chicken or turkey broth.	2-1/2 quarts-----	-----	
*Frozen green peas-----	About 2 cups-----	-----	2. Add peas. Cook 5 minutes more.
*Cooked chicken or turkey, diced.	2 quarts 2-1/2 cups.	-----	3. Add chicken or turkey. Reheat.

SERVING: 1/2 cup—provides 1 ounce cooked chicken or turkey meat and 1/4 cup vegetable.
 COST PER SERVING _____

VARIATION

a. BEEF-VEGETABLE SOUP: Add 2-1/2 quarts water and 2-1/2 teaspoons salt to 5 pounds cubed boneless stew beef. Simmer 2 hours until tender. Use beef broth in place of chicken or turkey broth and cooked meat in place of cooked poultry. One serving provides 1 ounce cooked lean meat and 1/4 cup vegetable.

* See Buying Guide on back of card.

(over)

CHICKEN- OR TURKEY-VEGETABLE SOUP—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Canned tomatoes-----	4 pounds 4 ounces-----	-----
Cabbage-----	3-1/4 ounces-----	-----
Carrots, without tops-----	5-1/2 ounces-----	-----
Mature onions-----	7 ounces-----	-----
Celery-----	2-3/4 ounces-----	-----
Frozen green peas-----	1 package (10 ounces)-----	-----
Ready-to-cook chicken-----	8 pounds 9 ounces-----	-----
or-----	-----	-----
Ready-to-cook turkey-----	6 pounds 15 ounces-----	-----

NAVY BEAN OR SPLIT PEA SOUP

Soups G-3

Ingredients	50 servings	For ____ servings	Directions
*Dry navy beans----- <i>or</i> *Dry split peas----- Salt----- Water-----	1 quart 1/2 cup----- <i>or</i> 1 quart----- 1 tablespoon----- 1 gallon 3 cups.	----- ----- ----- ----- -----	1. Wash and drain beans or peas. Add beans or peas and salt to water. Boil 2 minutes. Remove from heat, cover pot, and let stand for 1 hour. 2. Cook beans or peas by boiling gently about 45 minutes.
*Onions, chopped----- *Cooked ham, chopped-----	1-1/2 cups----- 3-1/4 cups-----	----- -----	3. Add onions and ham and cook 45 minutes more, until beans or peas are done. Mash some of the beans or peas, if desired.

SERVING: 1/3 cup—provides the equivalent of 1-1/2 ounces cooked lean meat.

COST PER SERVING_____

* See Buying Guide on back of card.

(over)

NAVY BEAN OR SPLIT PEA SOUP—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Dry navy beans	2 pounds	
<i>or</i>	<i>or</i>	
Dry split peas	1 pound 12-1/2 ounces	
Mature onions	10-1/2 ounces	
Cured ham, without bone	1 pound 4-1/2 ounces	

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Card No.

INSTRUCTION CARDS

Baking potatoes, sweetpotatoes, and winter squash	H-1
Boiling fresh and frozen vegetables	H-2
Preparing fresh vegetables	H-3
Preparing canned vegetables	H-4
Preparing instant mashed white potatoes and sweetpotatoes	H-5

RECIPES

Apples and sweetpotatoes, baked	H-6
Potatoes, mashed	H-7
Sweetpotatoes and apples, baked	H-6
Vegetable medley	H-8
With green beans	H-8 a

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BAKING POTATOES, SWEETPOTATOES, AND WINTER SQUASH

Vegetables H-1

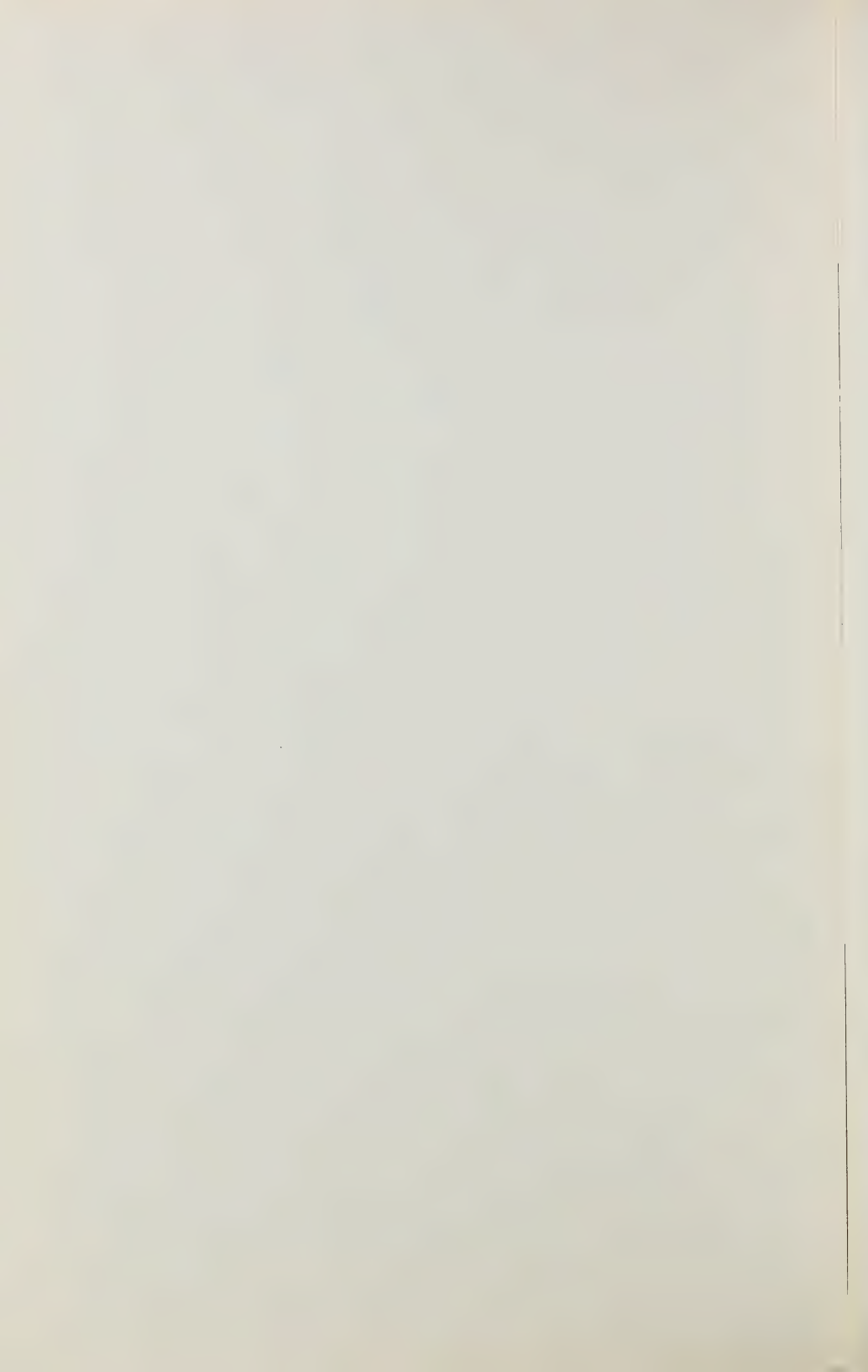
Schedule baking of vegetables so they will be served soon after they are cooked. The length of time required to bake each vegetable cannot be stated exactly because the time differs with variety, maturity, quality, and size of vegetable. Bake each vegetable for the shortest time necessary to give a palatable product. Use timetable

below as a guide (based on single layer of vegetable in baking pans). Vegetables are done when a fork inserted comes out easily.

For amount to buy, see card H-2, Boiling Fresh and Frozen Vegetables.

Preparation and Timetable for Baking Fresh Vegetables

Vegetable	Preparation	Approximate baking time	Oven temperature
Potatoes, sweetpotatoes-	Select potatoes of uniform size. Scrub. Grease skins, if desired.	45 minutes to 1 hour until tender.	425° F
Winter squash Acorn-----	Wash, cut in half. Remove seeds and fiber. Brush with melted butter or margarine and sprinkle with salt and brown sugar, if desired.	45 minutes covered until almost tender; remove cover and bake 15 minutes longer until lightly browned.	400° F
Butternut or Hubbard-----	Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut, remove seeds, fiber, and peel. Cut into pieces. Brush with melted butter or margarine and sprinkle with salt and brown sugar, if desired.	20 to 45 minutes covered until almost tender; remove cover and bake 15 minutes longer until lightly browned.	400° F



BOILING FRESH AND FROZEN VEGETABLES

Vegetables H-2

Fresh and frozen vegetables should be served soon after they are purchased to maintain quality. After fresh vegetables have been washed and prepared for cooking (see card H-3), they should be cooked quickly and served hot. Most frozen vegetables can be cooked without thawing. Broccoli spears and solid pack frozen vegetables, such as spinach, will cook more uniformly if thawed long enough to break apart easily.

DIRECTIONS FOR COOKING

Cook fresh and frozen vegetables the shortest time necessary to give a palatable product and retain nutrients. Cover vegetables to hasten cooking. Add butter or fortified margarine for flavor; this fat can be used to meet the requirement in the meal pattern for young children.

For amount to buy for 50 1/4-cup servings of cooked vegetable, see second column in table.

1. Add vegetables to boiling salted water. (Use 2 teaspoons salt for a cooking lot of 25 servings, 1/4 cup each.)
2. Cover pot. Bring water quickly to boiling.

3. Start timing when water returns to boiling. Use timetable on back of card as a guide.

4. Drain cooked vegetables and place in serving pan. Save cooking liquid for use in sauces and gravies. Add 1/3 cup melted butter or fortified margarine, if desired, for seasoning.

(card 1 of 5)
(over)

BOILING FRESH AND FROZEN VEGETABLES—Continued

AMOUNT TO BUY AND TIMETABLE

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
	<i>Pounds – Ounces</i>	<i>Volume or weight</i>	<i>Amount</i>	<i>Minutes</i>
Asparagus				
Cuts and tips				
Fresh	8	4	3 quarts 3-1/2 cups	5 to 15
Frozen	6	4	1 gallon 1-1/4 quarts	5 to 10
Spears				
Fresh	10	2	1 gallon 3 cups	10 to 25
Frozen	6	4	1 gallon 1-1/4 quarts	5 to 10
Beans, green or wax				
Fresh	4	2	3 quarts 3 cups	15 to 30
Frozen	4		3 quarts 2-1/2 cups	5 to 20
Beans, lima				
Fresh, shelled	4	10	3-1/4 quarts	15 to 25
Frozen, Fordhook	4	7	3 quarts 1/2 cup	6 to 12
Beet greens				
Fresh, untrimmed	9	2	About 5 pounds 2 ounces.	5 to 15
Beets, without tops				
Fresh	6	4	6 pounds 4 ounces	30 to 60

(Continued on next card)

BOILING FRESH AND FROZEN VEGETABLES, Card H-2—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
Pounds — Ounces		Volume or weight	Amount	Minutes
Blackeye beans or peas				
Fresh, shelled.....	4 15	3 quarts 3-1/2 cups	1-1/4 quarts	30 to 45
Frozen.....	5 1	3 quarts 2-1/2 cups	1 quart	15 to 25
Broccoli				
Cut or chopped				
Fresh.....	7	4 pounds 4 ounces	1-1/2 quarts	10 to 20
Frozen.....	5	5 pounds 13 ounces	3 cups	5 to 10
Spears				
Fresh.....	6	4 pounds 4 ounces	1-1/2 quarts	10 to 20
Frozen.....	5	5 pounds 13 ounces	3 cups	10 to 15
Brussels sprouts				
Fresh.....	5	1 gallon 3 cups	3 quarts	10 to 20
Frozen.....	4	3-1/4 quarts	3 cups	5 to 15
Cabbage				
Fresh.....	4	1 gallon 1-3/4 quarts, shredded.	1 quart	5 to 10
	5	4 pounds 14 ounces, wedges.	1 quart	15 to 20

BOILING FRESH AND FROZEN VEGETABLES—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
Carrots	<i>Pounds - Ounces</i>	<i>Volume or weight</i>	<i>Amount</i>	<i>Minutes</i>
Fresh, without tops	5 15	1 gallon 2 cups	1 quart	10 to 20
Frozen	4 7	3 quarts 3-1/2 cups	2 cups	8 to 10
Cauliflower				
Fresh, trimmed	6 8	1 gallon, florets	3 quarts	10 to 15
	6 8	1 gallon 3 cups, slices,	3-1/2 quarts	10 to 15
Frozen	5 4	5 pounds 4 ounces	3 cups	5 to 10
Celery				
Fresh	5 15	1 gallon 1 cup	2 quarts	10 to 20
Chard				
Fresh, untrimmed	7 3	2-1/4 gallons	Water clinging to leaves.	10 to 20
Collards				
Fresh, untrimmed	5 5	2-1/4 gallons	2 quarts	20 to 40
Frozen	5 6	5 pounds 6 ounces	3-1/2 cups	20 to 40
Corn on cob				
Fresh, in husk	12 8	25 medium-size ears	2-1/2 quarts	5 to 15

(Continued on next card)

BOILING FRESH AND FROZEN VEGETABLES, Card H-2—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
	<i>Pounds - Ounces</i>	<i>Volume or weight</i>	<i>Amount</i>	<i>Minutes</i>
Corn, whole kernel				
Fresh, in husk	12	6	1-1/4 quarts	5 to 10
Frozen	4	12	3 cups	3 to 10
Eggplant				
Fresh	7	6	1-1/2 quarts	10 to 20
Kale				
Fresh, untrimmed	4	12	1-1/2 quarts	10 to 30
Frozen	5	10	3-1/2 cups	15 to 25
Mustard greens				
Fresh, untrimmed	6	9	Water clinging to leaves.	15 to 30
Frozen	5	1	3-1/2 cups	10 to 30
Okra, sliced				
Fresh	4	10	1 quart	5 to 10
Frozen	5	1	2-1/2 cups	3 to 5

(Card 3 of 5)
(over)

BOILING FRESH AND FROZEN VEGETABLES—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
	<i>Pounds - Ounces</i>	<i>Volume or weight</i>	<i>Amount</i>	<i>Minutes</i>
Onions, mature, medium-size Fresh-----	6 9	1 gallon 3 cups, halves.	3 quarts	15 to 30
Parsnips Fresh-----	5 2	1 gallon 2 cups, pieces.	2-1/2 quarts	15 to 30
Peas, green Fresh, shelled-----	4 10	3-3/4 quarts	1 quart	8 to 20
Frozen-----	5	3 quarts 3-1/2 cups	2 cups	5 to 10
Peas and carrots Frozen-----	4 8	3-3/4 quarts	2 cups	8 to 10
Potatoes, whole Fresh-----	5 4	3-1/4 quarts	2 quarts	25 to 40
Fresh for mashing-----	7 6	1 gallon 2 cups	2 quarts	25 to 40
Pumpkin Fresh-----	10 10	7 pounds 7 ounces	2-1/2 quarts	15 to 30

(Continued on next card)

BOILING FRESH AND FROZEN VEGETABLES, Card H-2—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
Rutabagas	<i>Pounds — Ounces</i>	<i>Volume or weight</i>	<i>Amount</i>	<i>Minutes</i>
Fresh.....	6	1 gallon	1-1/2 quarts	20 to 30
Fresh for mashing.....	8	1-1/2 gallons	1-1/2 quarts	20 to 30
Spinach				
Whole leaf	5	4 gallons	Water clinging to leaves.	5 to 10
Fresh, partly trimmed.				
Frozen.....	6	6 pounds 13 ounces	2 cups	5 to 10
Chopped				
Frozen.....	7	7 pounds 6 ounces	2 cups	5 to 10
Squash, summer				
All kinds				
Fresh.....	6	1-1/4 gallons	1 quart	10 to 20
Fresh for mashing.....	8	1 gallon 2-3/4 quarts	1-1/4 quarts	10 to 20
Yellow				
Frozen.....	5	5 pounds 12 ounces	2 cups	5 to 10
Zucchini				
Frozen.....	7	7 pounds	2-1/2 cups	5 to 10

(Card 4 of 5)
(over)

BOILING FRESH AND FROZEN VEGETABLES—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
	<i>Pounds - Ounces</i>	<i>Volume or weight</i>	<i>Amount</i>	<i>Minutes</i>
Squash, winter				
Butternut				
Fresh-----	6	1 gallon 2 cups	2-1/2 quarts	15 to 30
Fresh for mashing--	9	1 gallon 2-1/4 quarts	2-1/2 quarts	15 to 30
Hubbard				
Fresh-----	11	1-1/2 gallons	2-1/2 quarts	15 to 30
Fresh for mashing--	11	1 gallon 2-1/4 quarts	2-1/2 quarts	15 to 30
Cooked, mashed				
Frozen-----	7	7 pounds	None; in top of double boiler.	30 to 40
Succotash				
Frozen-----	4	4 pounds 7 ounces	1 quart	6 to 15
Sweetpotatoes, whole				
Fresh				
For slicing-----	6	6 pounds 13 ounces	2-1/2 quarts	25 to 35
For mashing-----	8	8 pounds 12 ounces	2-1/2 quarts	25 to 35
For baking-----	12	12 pounds 8 ounces	None	
Frozen-----	5	5 pounds 11 ounces	None; cover with foil	

(Continued on next card)

BOILING FRESH AND FROZEN VEGETABLES, Card H-2—Continued

AMOUNT TO BUY AND TIMETABLE—Continued

Vegetable and description	Vegetable		Boiling water	Cooking time
	Amount to buy	Amount to cook		
Turnip greens Fresh, untrimmed	<i>Pounds - Ounces</i> 8 6	<i>Volume or weight</i> 8 pounds 6 ounces	<i>Amount</i> Water clinging to leaves, 3-1/2 cups	<i>Minutes</i> 15 to 30
Frozen	5 8	1 gallon 2 cups		20 to 30
Turnips Fresh, without tops	5 10	1 gallon		15 to 20
Fresh, without tops, for mashing.	8 4	1 gallon 1-3/4 quarts	1-1/2 quarts	15 to 20
Vegetables, mixed Frozen	5 3	1 gallon	2 cups	10 to 20



Fresh vegetables should be stored in plastic bags in the refrigerator. Some fresh vegetables, such as asparagus, beans, brussels sprouts, greens, and peas, should be used as quickly as possible. Potatoes, both white and sweet, onions, and uncut squash should be stored in a cool dark place at 45-50° F just above refrigerator temperature. If they must be stored at room temperature, use within one week.

Prepare fresh vegetables either for serving raw or for cooking as shown below.

DIRECTIONS FOR PREPARING

ASPARAGUS SPEARS—Break off the tough lower ends of the stalk. Wash. If sandy under scales, scrape off scales. Brush gently with a soft brush.

BEANS, BLACKEYE BEANS OR PEAS, OR LIMA—Shell. (Scald pods to make shelling easier.) Rinse.

BEANS, GREEN OR WAX—Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces or slit lengthwise into thin strips.

If insects are present in broccoli, brussels sprouts, cauliflower, or greens, soak the vegetable in cold salted water for 1/2 hour and drain before cooking or serving raw. Some of the hardier vegetables, such as potatoes, will need to be scrubbed with a vegetable brush to remove dirt from the crevices. If a cooked vegetable is to be served as a finger food, keep the pieces small enough to be picked up easily with a fork. If the vegetables are to be served raw, cut into shapes and sizes that can easily be picked up, such as sticks 1/4 to 1/2 inch wide and 2 to 3 inches long. Raw vegetables which make good finger foods are starred.

BETTS—Remove tops, leaving 2-inch stems on beets. Wash. Remove stems, roots, and skin after cooking.

BROCCOLI SPEARS—Cut off tough stalk ends. Wash. Cut broccoli lengthwise, if thick, to speed cooking.

BRUSSELS SPROUTS—Remove discolored outer leaves. Wash. For cooked vegetable, cut an X in the stem end to hasten cooking.

(continued on back)
(card 1 of 2)

PREPARING FRESH VEGETABLES—Continued

DIRECTIONS FOR PREPARING—Continued

***CABBAGE**—Remove discolored outer leaves. Wash thoroughly. Quarter and core. Crisp in cold water, if wilted. Shred or cut into 1/2-inch wedges.

***CARROTS**—Wash. Scrape or peel with vegetable peeler. Cut off ends. Chop or cut into slices or sticks.

***CAULIFLOWER**—Remove outer leaves and stalks. Break into flowerets. Wash.

***CELERY**—Separate branches; wash celery and scrub grooves with brush. Trim off root and blemishes. Chop, slice, or cut into sticks. For a finger food, fill with peanut butter (thinned with mayonnaise, honey, or butter) or cream cheese (thinned slightly with milk). Pimientos may be added to cream cheese for color or extra flavor.

CORN ON COB—Husk; remove silks. Rinse; do not allow to stand in water.

EGGPLANT—Wash. Pare and cut into pieces or slices.

GREEN LEAFY VEGETABLES (BEET GREENS, CHARD, COLLARDS, KALE, MUSTARD GREENS, TURNIP GREENS)—Wash greens in one or more lots of tap water until there is no sand on the leaves. Lift greens out of water instead of pouring off water. Strip leaves from tough stems and discard any discolored leaves.

OKRA—Wash, leaving small pods whole, and thickly slice the large ones.

ONIONS, MATURE—Peel; rinse. Quarter, if large, or cut as desired.

PARSNIPS—Wash. Pare. Quarter lengthwise and cut as desired.

PEAS, GREEN—Shell. Rinse.

***PEPPERS, GREEN**—Wash, cut out stem or blossom end and remove seeds and fibrous portion. Wash the inside and cut or chop as desired.

(Continued on next card)

PREPARING FRESH VEGETABLES, Card H-3—Continued

DIRECTIONS FOR PREPARING—Continued

POTATOES—Wash, scrubbing with vegetable brush. Cook in skins or pare. Remove eyes; cut potatoes to serving size.

PUMPKIN—Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling 10 minutes.)

RADISHES—Wash, trim off root and stem end. Cut as desired or leave whole.

RUTABAGAS—Wash. Pare and cut as desired.

SPINACH—Sort. Wash thoroughly. Cut off tough stems. Discard yellow and damaged leaves.

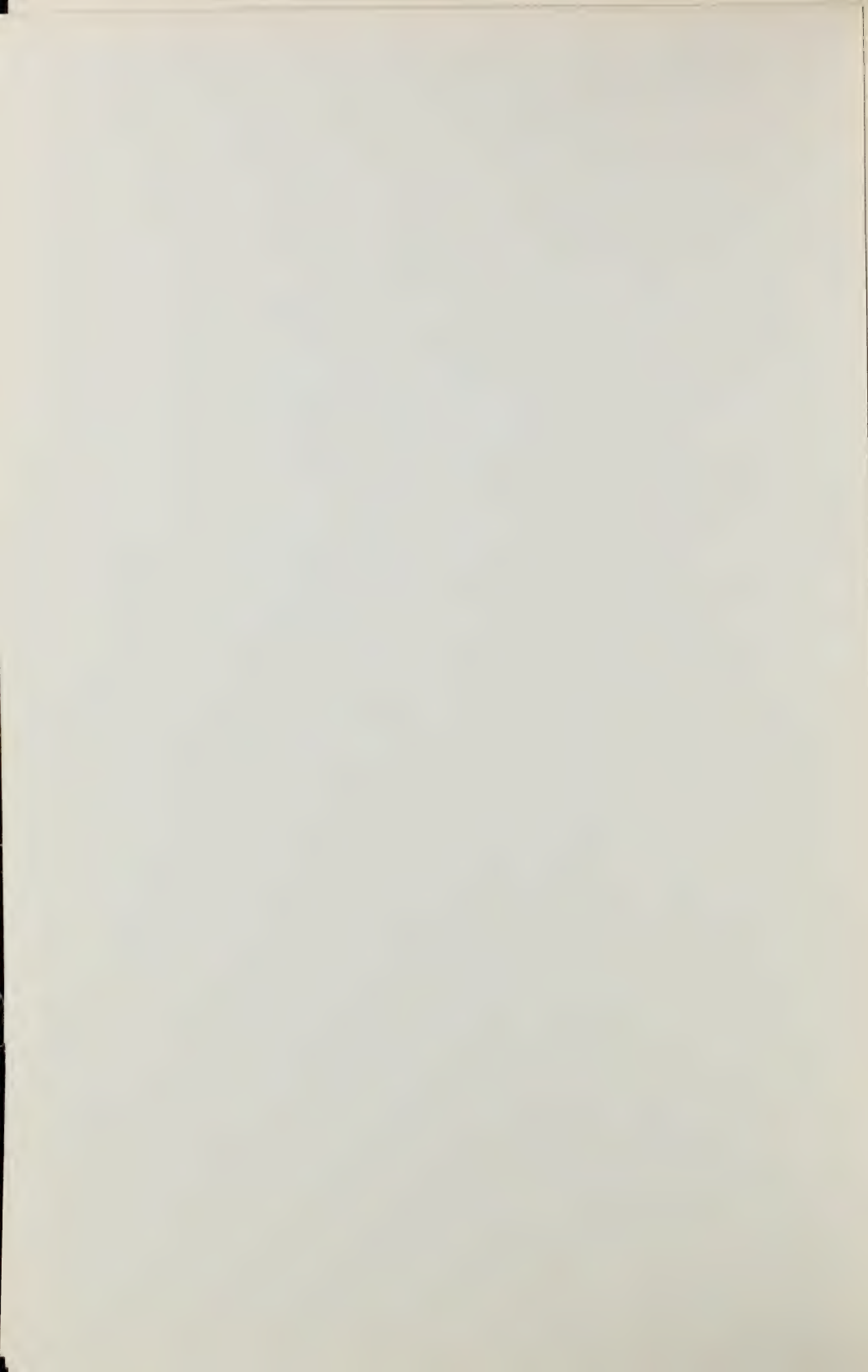
SQUASH, SUMMER—Wash, cut off stem and blossom ends. Trim as desired. It is not necessary to peel summer squash. Slice or chop.

SQUASH, WINTER—Wash, cut in half with a heavy bladed knife. Remove seeds, fiber, and peel. Cut into serving pieces. (If peel is hard and tough, soften by steaming or boiling 8 to 10 minutes.)

SWEET POTATOES—Scrub, using brush. Cook in skins.

***TOMATOES**—Wash. Cut out core and cut into quarters, wedges, or slices. Tomatoes may be peeled by scalding. Dip the tomatoes, uncut, into boiling water for 1/2 to 1 minute. Plunge into cold water and slip off skin. After peeling, core and cut as desired.

***TURNIPS**—Wash. Pare and cut as desired. For finger foods, cut into sticks.



PREPARING CANNED VEGETABLES

Vegetables H-4

Schedule heating of canned vegetables so they will be served soon after they are heated. Prepare in lots small enough to prevent vegetables from becoming broken or overcooked.

For amount of canned vegetable to buy for 50 1/4-cup servings of vegetable, see table on back of card.

DIRECTIONS FOR HEATING

1. Drain off half the liquid from canned vegetables; use it for soups, stews, and gravies.
3. Drain vegetables and place in serving pans. To 12-1/2 cups hot vegetable, add 1/3 cup melted butter or fortified margarine, if desired, for seasoning.
2. Transfer vegetables and remaining liquid to a saucepan or stockpot. Heat only long enough to bring to serving temperature.

(over)

PREPARING CANNED VEGETABLES—Continued

Amount to Buy		
Vegetable and description	Amount to buy	Vegetable and description
	<i>Pounds - Ounces</i>	
Asparagus		Kale
Spears	9 6	Mustard greens
Cuts and tips	8 9	Okra, cut or whole
Beans, green or wax	6 4	Okra with tomatoes
Beans, lima, green	6 14	Peas and carrots
Beets	6	Peas, green
Diced	6 13	Potatoes, small whole
(Harvard or plain)		Sauerkraut
Shoestring or sliced	7 3	Spinach
Whole, baby beets	6 11	Squash
(pickled or plain)		Summer, sliced
Blackeye peas, green	8 4	Winter, mashed
Carrots, diced or sliced	6 9	Succotash
Collards	10 9	Sweetpotatoes
Corn		Sirup pack
Cream style	7 2	Vacuum pack
Whole kernel		Tomatoes
Vacuum	5 13	Turnip greens
Wet pack	7 6	Vegetables, mixed
		<i>Pounds - Ounces</i>
		10 10
		9 9
		8 4
		6 10
		6 14
		7 6
		6 14
		6 5
		10 4
		8 4
		6 9
		8 3
		7 5
		6 —
		6 11
		10 9
		6 10

PREPARING INSTANT MASHED WHITE POTATOES AND SWEETPOTATOES

Vegetables H-5

Ingredients	50 servings	For ____ servings	Directions
WHITE POTATO FLAKES Boiling water----- Warm milk----- Butter or margarine----- *Potato flakes----- Salt-----	2 quarts----- 3-1/2 cups----- 1/3 cup----- 2-1/4 quarts----- 2-1/2 teaspoons-----	----- ----- ----- ----- -----	1. Pour liquids into mixing bowl. Add fat. 2. Pour flakes and salt into liquids and fat. 3. Stir 1/2 minute to moisten potatoes. Beat 1/2 minute until smooth. 4. Serve with No. 16 scoop (1/4 cup).
WHITE POTATO GRANULES Boiling water----- Warm milk----- Butter or margarine----- *Potato granules----- Salt-----	2 quarts----- 2-3/4 cups----- 1/3 cup----- 2-2/3 cups----- 2-1/2 teaspoons-----	----- ----- ----- ----- -----	1. Pour liquids into mixing bowl. Add fat. 2. Pour granules and salt into liquids and fat. 3. Stir 1/2 minute to moisten potatoes. Beat 1 minute until fluffy. 4. Serve with No. 16 scoop (1/4 cup).

* See Buying Guide on back of card. (over)

PREPARING INSTANT MASHED WHITE POTATOES AND SWEETPOTATOES— **Continued**

Ingredients	50 servings	For __ servings	Directions
SWEETPOTATO FLAKES *Sweetpotato flakes Butter or margarine Salt Boiling water	2-3/4 quarts 3/4 cup 2 teaspoons 2-3/4 quarts		1. Combine ingredients and stir until flakes are well moistened. 2. Let stand 10 minutes before serving. 3. Serve with No. 16 scoop (1/4 cup).

SERVING: 1/4 cup—provides 1/4 cup vegetable.

COST PER SERVING (white potatoes) _____

COST PER SERVING (sweetpotatoes) _____

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Dehydrated low moisture potato flakes or granules.	1 pound 3 ounces	-----
Dehydrated low moisture sweet-potato flakes.	2 pounds 15 ounces	-----

BAKED SWEETPOTATOES AND APPLES

Vegetables H-6

Ingredients	50 servings	For ____ servings	Directions
<p>*Tart apples, pared, sliced *Cooked sweetpotatoes, sliced. Brown sugar, packed Salt Butter or margarine Water</p>	<p>1 quart 3 quarts 1-1/2 cups 1 teaspoon 1/3 cup 1/4 cup</p>		<p>1. Place apples in a greased baking pan (about 12 by 20 by 2 inches); cover with sweetpotatoes. 2. Sprinkle with sugar and salt, dot with fat. 3. Add water. 4. Bake 1 hour at 350° F (moderate oven).</p>

SERVING: 1/4 cup—provides 1/4 cup vegetable and fruit.

COST PER SERVING _____

* See Buying Guide on back of card.

(over)

BAKED SWEETPOTATOES AND APPLES—Continued

BUYING GUIDE FOR SELECTED ITEMS		
Food as purchased	50-serving recipe	For ____-serving recipe
Apples.....	1 pound 5 ounces.....
Sweetpotatoes.....	6 pounds 8 ounces.....

MASHED POTATOES

Vegetables H-7

Ingredients	50 servings	For ____ servings	Directions
*Potatoes, pared, cut up-- Water-----	1 gallon 2 cups-- 2-1/2 quarts-----	----- ----- -----	1. Boil potatoes about 25 minutes until tender. Drain. 2. Mash in mixer on low speed until smooth.
Hot milk----- Salt----- Butter or margarine, melted.-----	1-3/4 cups----- 1 tablespoon----- 1/2 cup-----	----- ----- -----	3. Gradually add just enough milk to moisten. Add salt and fat while beating on low speed. 4. Mix on high speed until blended and potatoes are light and fluffy. 5. Serve with a No. 16 scoop (1/4 cup).

SERVING: 1/4 cup—provides 1/4 cup vegetable.

COST PER SERVING_____

* See Buying Guide on back of card.

(over)

MASHED POTATOES—Continued

BUYING GUIDE FOR SELECTED ITEMS		
Food as purchased	50-serving recipe	For ____-serving recipe
Potatoes-----	7 pounds 6 ounces-----	-----

VEGETABLE MEDLEY

Vegetables H-8

Ingredients	50 servings	For ____ servings	Directions
*Asparagus, cuts and tips	1-1/4 quarts		1. Cook vegetables in boiling water 5 to 8 minutes until tender.
*Carrots, sliced	1-1/4 quarts		2. Drain vegetables; reserve cooking liquid. Place vegetables in a baking pan (about 12 by 20 by 2 inches).
*Cauliflower florets, sliced	1-1/4 quarts		
*Peas, green	1 quart		
Boiling water	1-3/4 cups		
Butter or margarine	1/2 cup		3. Add fat, salt, and sugar to liquid. Heat to boiling.
Salt	1 tablespoon		4. Blend cornstarch with water and stir into boiling liquid. Cook, stirring constantly, until thickened.
Sugar	1 tablespoon		5. Pour sauce over vegetables. Stir gently.
Vegetable liquid and water.	1-3/4 cups		
Cornstarch	2 tablespoons		
Water	1/4 cup		

SERVING: 1/4 cup—provides 1/4 cup vegetable.

COST PER SERVING _____

VARIATION

a. **VEGETABLE MEDLEY WITH GREEN BEANS:** In place of asparagus, use 1-1/2 quarts drained canned cut green beans. In place of carrots and peas, use 1 quart drained, canned peas and carrots. For steps 1 and 2, drain canned vegetables and cook the cauliflower in 1 cup of drained vegetable liquid. Drain cauliflower and add enough reserved vegetable liquid to make 1-3/4 cups. Proceed with step 3. After sauce and vegetables have been combined, heat to serving temperature. Serving is same as for basic recipe.

* See Buying Guide on back of card.

(over)

VEGETABLE MEDLEY—Continued

BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____ -serving recipe
Basic recipe		
Asparagus, cuts and tips, fresh	2 pounds 11 ounces	
<i>or</i>		
Asparagus, cuts and tips, frozen	1 pound 8 ounces	
Carrots, without tops	1 pound 10-1/2 ounces	
<i>or</i>		
Carrots, sliced, frozen	1 pound 7 ounces	
Cauliflower, fresh florets	2 pounds	
<i>or</i>		
Cauliflower, frozen florets	1 pound 2 ounces	
Peas, shelled, fresh	1 pound 3-1/2 ounces	
<i>or</i>		
Peas, frozen	1 pound 4-1/2 ounces	
Variation a		
Canned cut green beans	2 pounds 14 ounces	
Canned peas and carrots	2 pounds 3 ounces	



